

INLANDER

JULY - AUGUST 2024
FREE

Health & Home

LAKE LIFE

On the WATERFRONT

*Chef Cara Anthony creates Old World Italian fare
on the shores of Lake Coeur d'Alene* FOOD: PAGE 52

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Serenity with
Lake Views PAGE 10

HEALTH

Hooked on
Fly Fishing PAGE 26

LIFESTYLE

Lovable, Inflatable
Watercraft PAGE 42



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FROM THE EDITOR



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The conversation continues on the Inlander Facebook page, and keep up with us at Inlander.com/Health&Home.

DON HAMILTON PHOTO

Precious Days

BY ANNE MCGREGOR

Sometimes on a sunny, summer morning I actually find myself filled with a weird anxiety. I figured out it arises from the feeling that there's quite possibly not a single activity I could do that would be worthy of such ephemeral beauty. After all, even Shakespeare was feeling the FOMO when he wrote, "Summer's lease hath all too short a date" (as many of us memorized in middle school). We've all waited a *long* time for this.

So I hope this issue will offer inspiration — first to take a little break, find a comfy chair and enjoy the stories our *Health & Home* crew has for you. But also to take advantage of what we around here call Lake Life. So get out and enjoy a few of our region's ridiculous number of lakes (76!), perhaps on a portable inflatable boat (page 42). Or take a day trip to Kettle Falls and check out China Bend Winery right on Lake Roosevelt (page 58), or start a new on-the-water hobby that offers surprising mind and body benefits: fly fishing (page 26). Oh, and don't forget the sunscreen (page 36).

Summer is here, and adventures await!

Cheers!

CONTRIBUTORS



E.J. IANNELLI is a regular contributor to the *Inlander* and *Health & Home* and he always enjoys it when stories offer him an opportunity to delve into a subject that he hasn't covered before — like the myriad benefits of fly fishing, which his article explores in this issue. Little did he know at the outset that his research would put him in touch with one of the biggest names in the world of fly fishing, Tom Rosenbauer.



ELIZA BILLINGHAM is a staff writer for the *Inlander* and writes this issue's chef profile about Cara Anthony and Cougar Bay Lodge. "I love writing about food because of everything else it lets you explore. Interviewing Chef Cara meant thinking about home, trauma, resilience, ancestry, and even the luxury world of elite equestrian sport. The out-of-this-world pasta was just the cherry on top."

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INLANDER

SUPPLEMENT TO THE INLANDER

ALL THE STARS UNDER THE STARS.

Slash with Warren Haynes Band, Samantha Fish, and Eric Gales **JUL 6**

Bachman-Turner Overdrive featuring Randy Bachman **JUL 24**

Bush with Jerry Cantrell, Candlebox, and Tim Montana **JUL 27**

RuPaul's Drag Race All Stars LIVE **AUG 10**

Donny Osmond **AUG 11**

Sammy Hagar: The Best of All Worlds Tour with Loverboy **AUG 13**

Kane Brown with LOCASH **AUG 15**

Pat Benatar and Neil Giraldo with special guest The Vindys **AUG 16**

Michael Franti & Spearhead with Citizen Cope and Bombargo **AUG 17**

Falling In Reverse - The Popular Monstour II: World Domination **AUG 21**

Midland **AUG 24**

KALEO - PAYBACK TOUR with Chance Peña **AUG 28**

Five Finger Death Punch with Marilyn Manson, Slaughter to Prevail, and The Funeral Portrait **AUG 29**

Ice Nine Kills and In This Moment with special guests Avatar and TX2 **AUG 30**

Lindsey Stirling with special guest Saint Motel **AUG 31**

Pentatonix **SEP 11**

Wynonna Judd **SEP 21**

Steve Miller Band **SEP 23**

The Smashing Pumpkins with The Glorious Sons **SEP 24**



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July-August 2024 • Also at inlander.com/health&home

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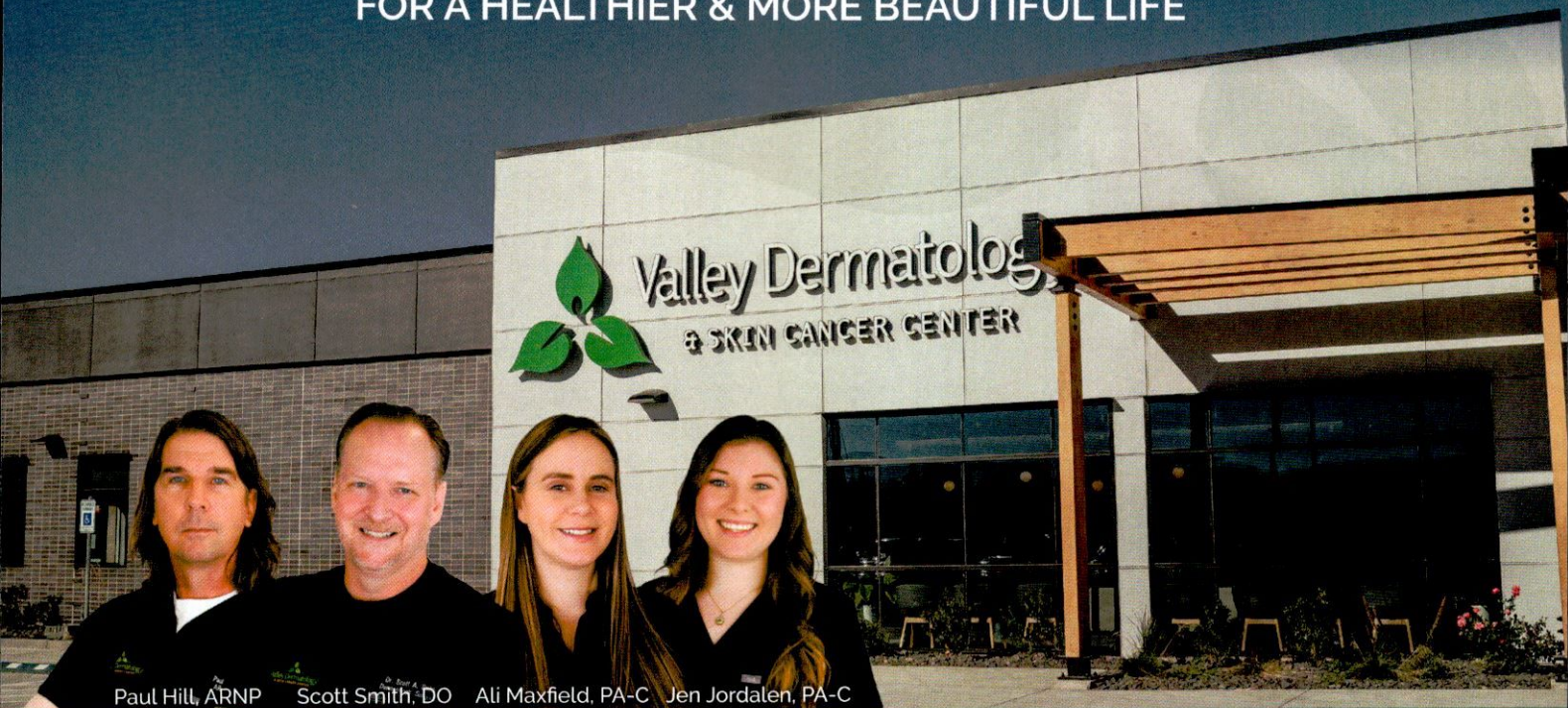


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TERESA SKINNER PG. 64

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EVENTS

Have a Super Summer

PICKS BY MADISON PEARSON

Emerge Block Party

Get your fill of local North Idaho art at Emerge's annual Block Party featuring work from over 150 artists. Founded in 2014 by Jeni Hegsted, Emerge has long championed a diverse art scene in Coeur d'Alene, and the Block Party shows off just that. This year attendees can expect film, performances, painters, sculptors and more lining the streets near Emerge's gallery on Second and Lakeside in downtown Coeur d'Alene. Along with all of the fun activities available to the community, the art show is juried by a panel of professional artists and members of the local art community. Not only is this event highly anticipated by regional art lovers, but it also serves as Emerge's biggest fundraising event of the year, supporting its mission of bringing low-cost and free arts education to all. *Fri, July 12 from 5 pm-midnight, free (paid preview event on Thu, July 11 at 7 pm), Emerge, emergecda.com*



Silver Mountain Brewsfest

There's nothing better than sunshine, beer and a breathtaking view. Breathe in that mountain air with a brew in your hand and adventure in your heart at this year's Silver Mountain Brewsfest. This is the perfect opportunity to sample the craft offerings of breweries and cideries from around the Inland Northwest and local favorites only available in select taprooms while enjoying scenic views and live music from The Moops, Robin Barrett & Coyote Kings and Meghan Sullivan. Each attendee receives a ride on Silver Mountain's scenic gondola, a tasting mug and six drink tickets. *Sat, Aug. 10 from 1-6 pm, \$44-\$65, Silver Mountain Resort, silvermt.com*



Unity in the Community

When I hear people say "Spokane is boring" or "There's nothing to do here," I often wonder if they've tried stepping out into the community and getting involved first-hand. If you're guilty of saying these phrases, try attending one of the city's most beloved annual events, Unity in the Community. The event is all about expanding diversity and cultural awareness to citizens through community building. There, you'll see vendors, community resources, cultural food, performances and much more. Under the warm light of the summer sun, you might find the community you've been searching for. A little joy can go a long way! *Sat, Aug. 17 from 10 am-3 pm, free, Riverfront Park, nwunity.org*



Great Outdoors Comedy Festival

I don't think it's a reach to call The Great Outdoors Comedy Festival one of the most star-studded events ever to grace a Spokane stage. The three-day comedy festival held at the shiny new ONE Spokane Stadium packs in performances from some of the biggest names in comedy as well as home-grown comics looking to grow their audience. The lineup includes funny guys Kevin Hart and Tom Segura along with Spokane-born-and-raised comedy queen Kelsey Cook. You can also catch comedians Bobby Lee, Jessica Kirson, Shane Gillis, James McCann, Nate Marshall and others. If you're looking to laugh, look no further. *Aug. 23-25, \$63-\$135, ONE Spokane Stadium, greatoutdoorscomedyfestival.com*

Nearly Forgotten

More than 75 years since it was lovingly written and illustrated, *Mister Deedle's Tree House* is published at last

BY CHEY SCOTT

It wasn't until her two children had grown up that Margaret Morrison Roeth found enough spare time to craft the kind of beautifully illustrated tale that once would have fully captured Charles and Helen Betsy's young imaginations.

Taking her paintbrush and pen to paper in 1948, the lifelong artist spun up endearingly quaint stories and illustrations for her original children's book, *MISTER DEEDLE'S TREE HOUSE*. The 50-page tome's central characters, Peter and Peggy, and their imaginative playtime escapades were inspired by Charles and Helen Betsy's own youth in 1930s Southern California.

Morrison Roeth never got to see her book reach readers' hands, however, as it was rejected multiple times for publication when she pitched it in the early 1950s. Her beautifully hand-drawn illustrations — full-page scenes in an opaque watercolor palette of tomato red, orange, peach, black and shades of gray, plus scroll-like designs to frame and accent each page — were tucked away and largely forgotten for the next 75 years.

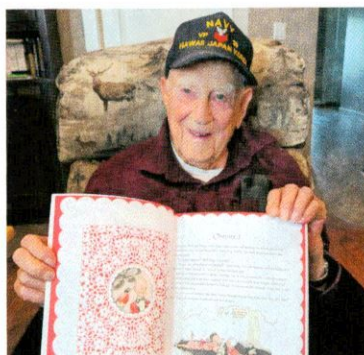
That all changed last year, as Morrison Roeth's 93-year-old son, Charles "Chuck" Roeth, and his family who live in North Idaho, managed to get the



book into the hands of Texas publisher Carrie Pierce, co-director of Morgan Pierce Media & Publishing.

"I couldn't believe what I was looking at," Pierce says of Margaret's artwork. "There's so much heart in them, and the stories are so precious. It's like a little time capsule to a kinder, gentler time, I think."

Mister Deedle's Tree House is available to order online and through local independent bookstores like Auntie's Bookstore in Spokane, the Well-Read Moose in Coeur d'Alene and others. 🐾



Charles "Chuck" Roeth holds a copy of *Mr. Deedle's Tree House*, a book his mother wrote and illustrated. CHEY SCOTT PHOTO



YUM UNDER THE SUN *Pig Out in the Park*

This annual celebration of food and music returns to Riverfront Park for **LABOR DAY WEEKEND**, and it's a mega-fest by any measure. But let's do the numbers anyway: 60 food booths, 35 market booths, four adult beverage gardens and five stages hosting a staggering 130 concerts — all featuring paid musicians — will fill Spokane's jewel of a park with music, food, shopping and merriment. Check out \$6 samples from 3-5 pm and 8-10 pm every day. You won't have time to see and taste it all, but you might as well try. Since 1979, there's been no better place to celebrate the last official weekend of summer.

— ANNE MCGREGOR

Pig Out in the Park • Aug. 28-Sept. 2, Fri-Sun from 11 am - 10 pm
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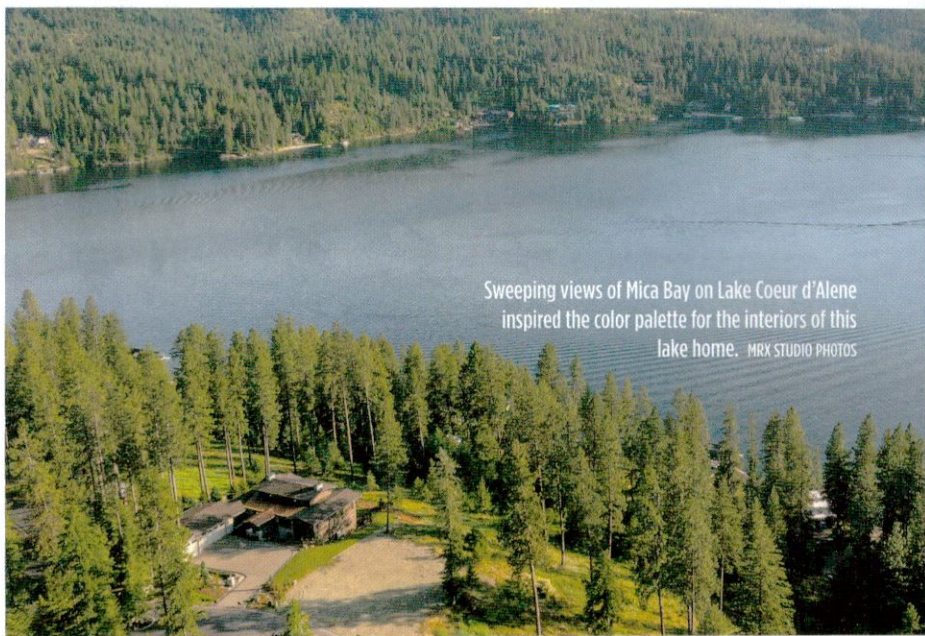
LAKE LIFE

Soaking Up the Summer Sunshine

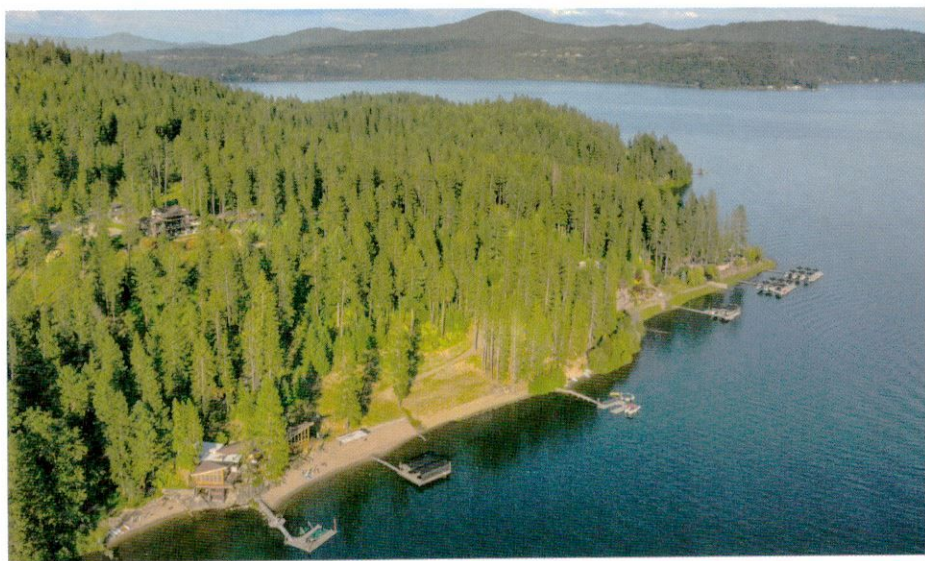


Watercolor hues and thoughtful design elements unite to create a welcoming home on Lake Coeur d'Alene

BY ANNE MCGREGOR



Sweeping views of Mica Bay on Lake Coeur d'Alene inspired the color palette for the interiors of this lake home. MRX STUDIO PHOTOS



Shannon Richardson knew immediately she had found the perfect lot for a summer house on the slopes above Lake Coeur d'Alene's Mica Bay. Granted, it took some imagination on the frosty January day when she and her dog traipsed through the snow to check out the site. But the view was stunning. She snapped a photo capturing the moody blues and greens of the lake and surrounding hillsides. The home's design grew from that first moment.

...continued on next page



BUILDER: PineCrest Construction
INTERIOR DESIGN:
 Shannon Richardson,
 Dwell Happy Interiors,
 dwellhappyllc@gmail.com



ANNE MCGREGOR PHOTO

The kitchen's Moroccan-inspired backsplash tiles complement an Italian ILVE range with copper trim, while the dreamy blue hue of the fireplace wall was "a happy accident," says designer Shannon Richardson. MRX STUDIO PHOTOS

Summer Sunshine...

Completed in 2023, the home's large rectangular living area is situated to take in every inch of the expansive lake vistas with windows all the way across the back of the house, while also strategically preserving intriguing see-through views from the driveway to welcome new arrivals.

Symmetry and the sense of calm it intrinsically provides were ever present for Richardson during the design process. On the exterior, windows are arranged in par-

allel on either side of the front door, while inside, the range wall in the kitchen was built to exactly mirror the fireplace wall in the living room.

The palette was confirmed when she spotted Moroccan-inspired tiles in colors that matched her photo from the first visit to the site.

"I found the tile early on," she says, "and I'm like, 'There's the house.'" It's a mindset that, as a designer, she often relies



on. "I always tell people to look online at wallpaper. Even if you don't want wallpaper, just look and find something you like. Is it calm? Is it energetic? Is it tropical? There are a million kinds of wallpapers and if you find one you like, there's your colors." She notes that returning to your inspiration item can add clarity in the midst of a project when there are many decisions to make.

Sometimes those careful decisions get upended, however. Richardson calls the living room's dreamy blue fireplace wall a "happy accident." During construction, she had provided paint colors for every surface in the home, but one day the painter called with a snapshot of the fireplace wall.

"He goes, 'It's not supposed to be this color is it?'" She took a look and replied, "No, but it's beautiful. Keep it. It really couldn't have been a better color."

The room's luxurious cloud-white sofas are from Interior Define, one of Richardson's favorite vendors, and are uphol-

There are a million kinds of
wallpapers and if you find one
you like, there's your colors.

stered in fabric characterized as completely user-friendly. She was initially a bit skeptical, though she loved the texture. "It feels like the most comfy T-shirt that you don't want to take off." The durability was almost immediately put to the test with some spilled coffee — the mess was easily sopped up without leaving a trace. "I was a believer after that," she says.

The kitchen shows off those Moroccan tiles — in the backsplash over the Italian range, which was also selected very early in the design process.

"I'm a sucker for appliances, especially a cool range. You can have everything else be pretty mainstream if you just have one super cool focal point," says Richardson. The tiles appear again, subtly tucked under the island countertop, as do the range's copper accents, which can be found throughout the home, including on the roof over the front door, in the wine cellar shelving and in various and in various decorative elements.

...continued on next page

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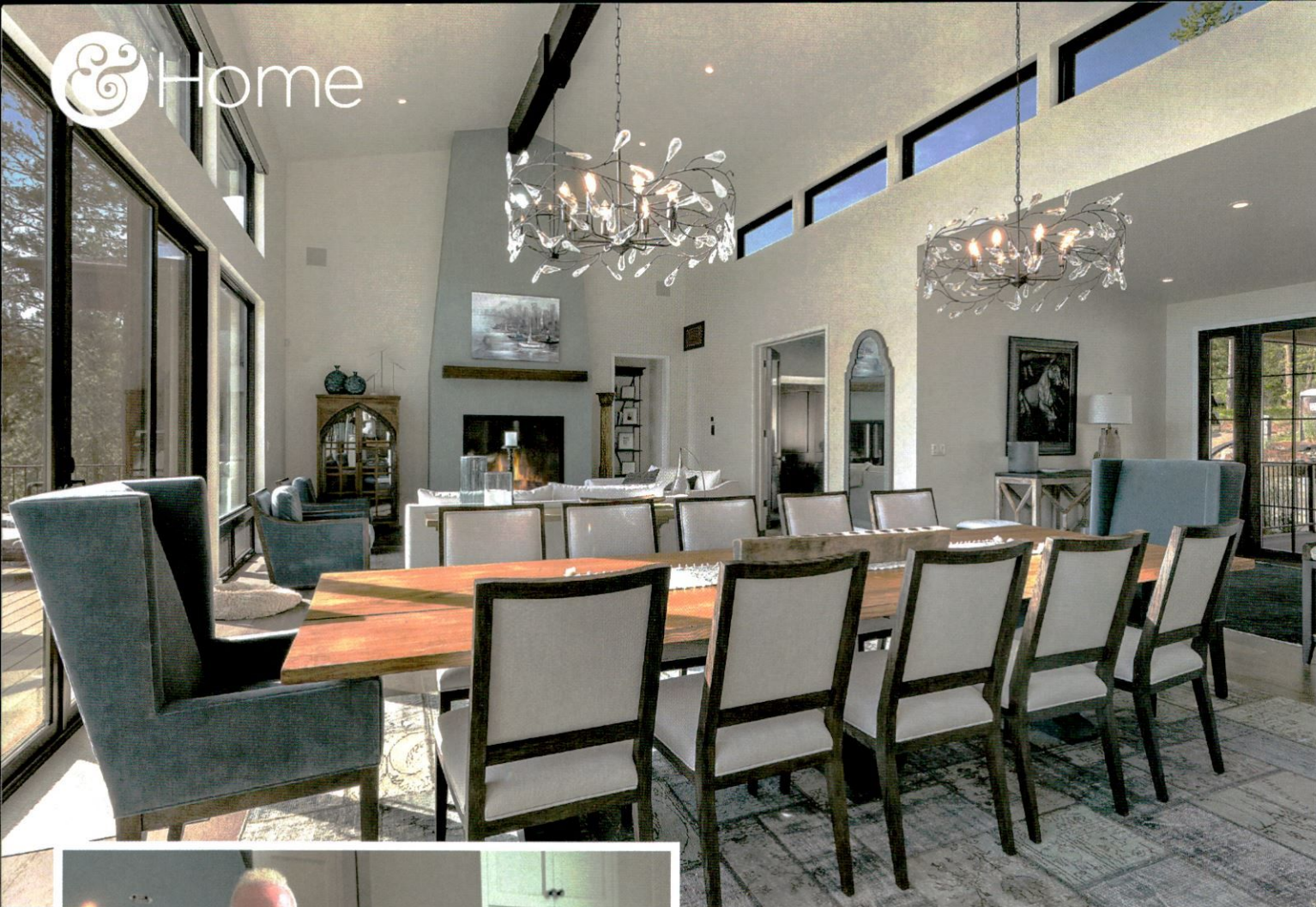
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ANNE MCGREGOR PHOTO



The dining table seats 12 and was crafted from a single slab of wood (above). Homeowner Paul Bedford enjoys a snack in the kitchen where Richardson designed the hanging beverage bar rack to preserve lake views from the front door. MRX STUDIO PHOTOS

Summer Sunshihe...

Having a summer house that was beautiful, yet also durable and functional, was key to the plan to accommodate multiple generations enjoying summer get-togethers, says homeowner Paul Bedford. For example, the dining area seats 12. Richardson had the table — all 11-and-a-half feet of it — crafted out of a single huge slab from a chestnut tree that grew on a golf course in Yakima, where she's based. The rustic woodgrain was kept intact under a simple oiled finish.

The rug under the table was custom-made by

a craftsman in Turkey and features squares and rectangles cut from vintage pieces. "I just love these patchwork rugs because every rug piece tells a story. Each little piece had its own life at one point and was part of a whole rug," Richardson says. The process of having a rug custom-made half a world away was actually fairly straightforward, she notes, "I told him the colors, and he would send pictures. It was more just weeding out a few — I wanted him to have some creative license with it."

...continued on page 16

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The primary bedroom receives morning sunlight, while the lower level family room has space for a pool table and easy access to the backyard.
MRX STUDIO PHOTOS



Summer Sunshine...

And in a home geared up to host so many guests for meals, plentiful and thoughtful overnight accommodations were also a priority.

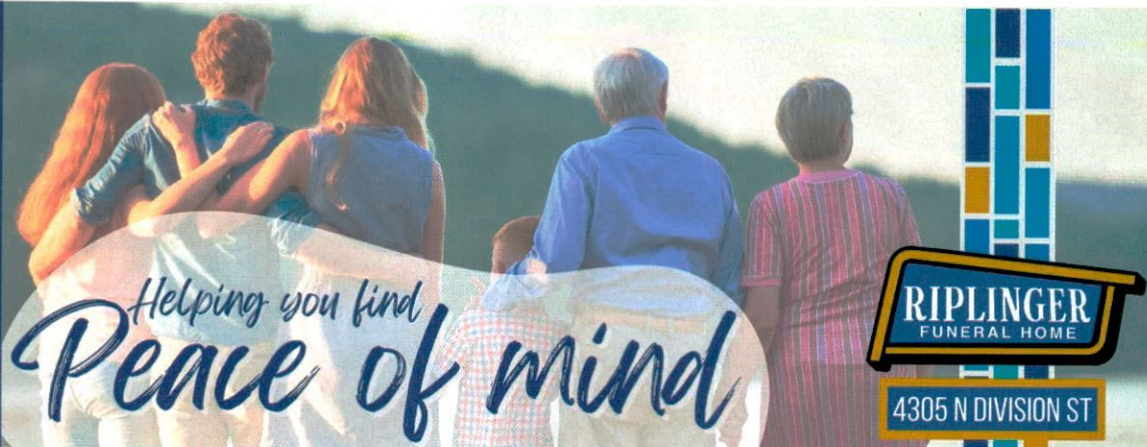
"Something Shannon did was pile beds everywhere so that kids can bring friends," says Bedford. There's a bunk room that sleeps four, complete with cozy reading lights for each occupant and a wall-niche with a phone charger outlet and "place for a water bottle," says Richardson. A chair-and-a-half in the office folds out into a

...continued on page 18

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Summer Sunshihe...

twin bed. All of the bedroom windows have power shades to make sure they stay dark for summer sleep-ins. But for early risers, "There are two hanging beds that are outside," says Bedford. Bathrooms incorporate open shelves instead of vanity drawers so that guests can easily store their gear.

Landscaping by Yochum Landscaping in Coeur d'Alene features a stream that originates at the front of the house, travels to the left under the bridgeway that leads to the front door and winds around the side of the house. Deer and wild turkeys often drink from the tumbling waterfalls sparkling in the sunshine, but "Shannon really designed it more for the sound," says Bedford, noting that it fosters a relaxing ambiance in the nearby

Whimsical powder room wallpaper features various playful forest critters; the lights are from Homestyles Lighting in Dalton Gardens (above). A screened porch allows for bug-free evenings. Below the deck, outdoor beds invite lingering to read a book. MRX STUDIO PHOTOS

This whole house is meant to
feel kind of lived-in, not stuffy.
It's comfortable, cozy and inviting.

screened in porch.

The home was built during the pandemic and hit a few snags, with builder Daniel Huettl, president of PineCrest

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Construction, taking over the project part way through, much to Bedford's relief. "He made a lot of things come to life. The communication was impeccable. ... He returns phone calls in 15 minutes."

For Richardson, the home evokes exactly what she was aiming for from the first design sketches. "This whole house is meant to feel kind of lived-in, not stuffy. It's comfortable, cozy and inviting. Like you'd just want to come and plop down and stay and have everything you need." 🐾



INLANDER *Entrée*

Food news you can use delivered to your inbox every Thursday

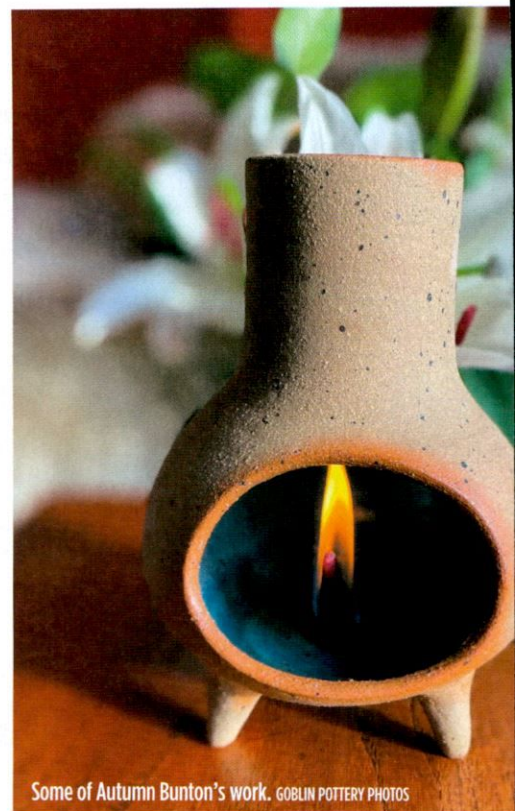
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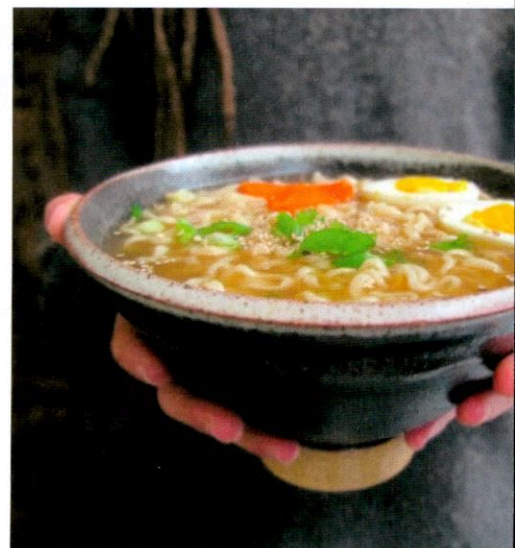
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Autumn Bunton creates useful housewares that carry her own distinctive style.
ANNE MCGREGOR PHOTO



Some of Autumn Bunton's work. GOBLIN POTTERY PHOTOS



Functional and Artistic

Goblin Pottery's Autumn Bunton's housewares offer useful beauty

BY ANNE MCGREGOR

Autumn Bunton was always drawn to creative pursuits, but it took awhile to find the right medium. "I had a great grandmother who did a lot of landscape oil painting, and she would give me her old canvases to play on, and so I did a lot of painting with oils all the way up through my young adult ages," says Bunton. "But I didn't find a craft that really fit me. And then I tried pottery and it was an instant, 'Oh, this is what I should be doing!'"

Fourteen years in, Bunton is a prolific, full-time potter, churning out a wide array of pieces that she sells locally at From Here and Pottery Place Plus, as well as on her Goblin Pottery Etsy site.



ANNE MCGREGOR PHOTO

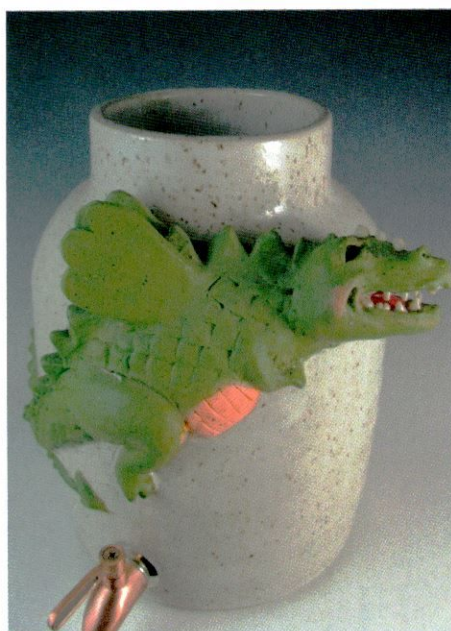
"I like functional and decorative pieces. I do a lot of different kinds of surface decoration," she says, noting she often throws something on the wheel and then alters it. "You can take it out of its form by either cutting into the piece or pushing and pulling on the piece, and then I sculpt on the exterior of that."

Recently, she's been creating functional pieces inspired by various animals — there's a frog salt cellar and a turtle butter dish. "They have a slightly midcentury feel — they're dipped in solid colors so they kind of match anybody's decor." She also creates whimsical mugs and more serious bowls of all sizes.

On the shelf in her studio are rows and rows of crocks designed for fermenting, and on another shelf, rows of light fixtures she crafts for the Light Factory in Spokane. The process, though repetitive, is still intriguing for Bunton, who also mixes all her own glazes. "I make the same thing in the same size and glaze the same way, and I do that same piece for many, many years, and they slowly just get a little better."

Bunton's a co-founder of the nonprofit Urban Art Co-op, which was formed to give professional potters a place to work together, "so they don't have to be alone during the day in their house or in their garage. They can co-work in a space and learn from each other," she says. The co-op is in the process of expanding from their North Monroe Street location to a new 5,000-square-foot building on the Newport Highway with the capacity for more classes and larger, rentable studio artist spaces.

As Bunton's work finds its way all around the region and the world — she just shipped a piece to Sweden — she reflects, "It's neat to have it go to someone's house and be a functional thing that gets used. And when you're gone, there's still all of these things that you've made." 🌱



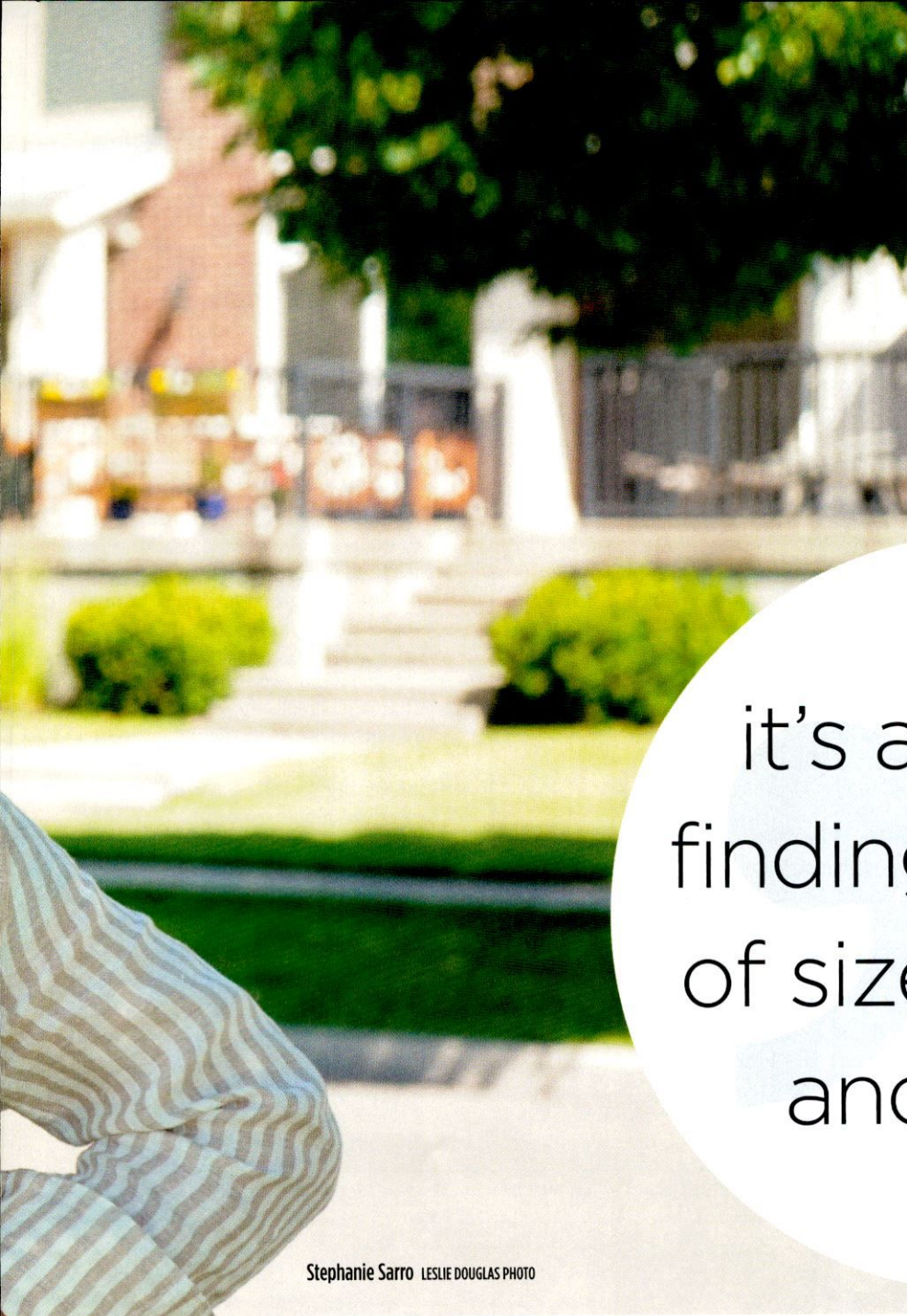
**EXPERT ADVICE**

Filling in the Blanks

INTERVIEW BY ANNE MCGREGOR

Stephanie Sarro started art classes at age 8, learning watercolor, sketching and perspective drawing from a neighbor. Trained as an architect, she offers architecture, interior design and rendering services through her Liberty Lake firm, Sarro Design. An aspiring author, she's hoping to release her first book, *Color Your Home Beautiful*, in 2025.

She stopped by Inlander HQ in Kendall Yards to talk about the challenge of facing a big empty wall in your home and how she helps her clients turn those walls into something special.



it's all about
finding balance
of size, objects
and color.

Stephanie Sarro LESLIE DOUGLAS PHOTO

INLANDER HEALTH & HOME: Most any home has a significant amount of vertical real estate — that's especially true for homes with high ceilings. It's hard to figure out what to do with all that space! Can you share some of your thoughts about how you approach that dilemma in your work?

STEPHANIE SARRO: There are a number of things involved. First off is the client. Whatever you design in the home, it needs to coincide with the person, or couple and family, and who they are, what their desires are, what's important to them, and then what's really going to resonate with their lifestyle. So all of that needs to be taken into consideration.

What are some questions you ask?

I usually ask things like what are their hobbies, where are they from, what kind of work do they do? I always try to find out what color palette they like. I help them get likeminded on what they agree on.

After you learn about the clients, what are things that come to mind as you strategize about how to fill the space?

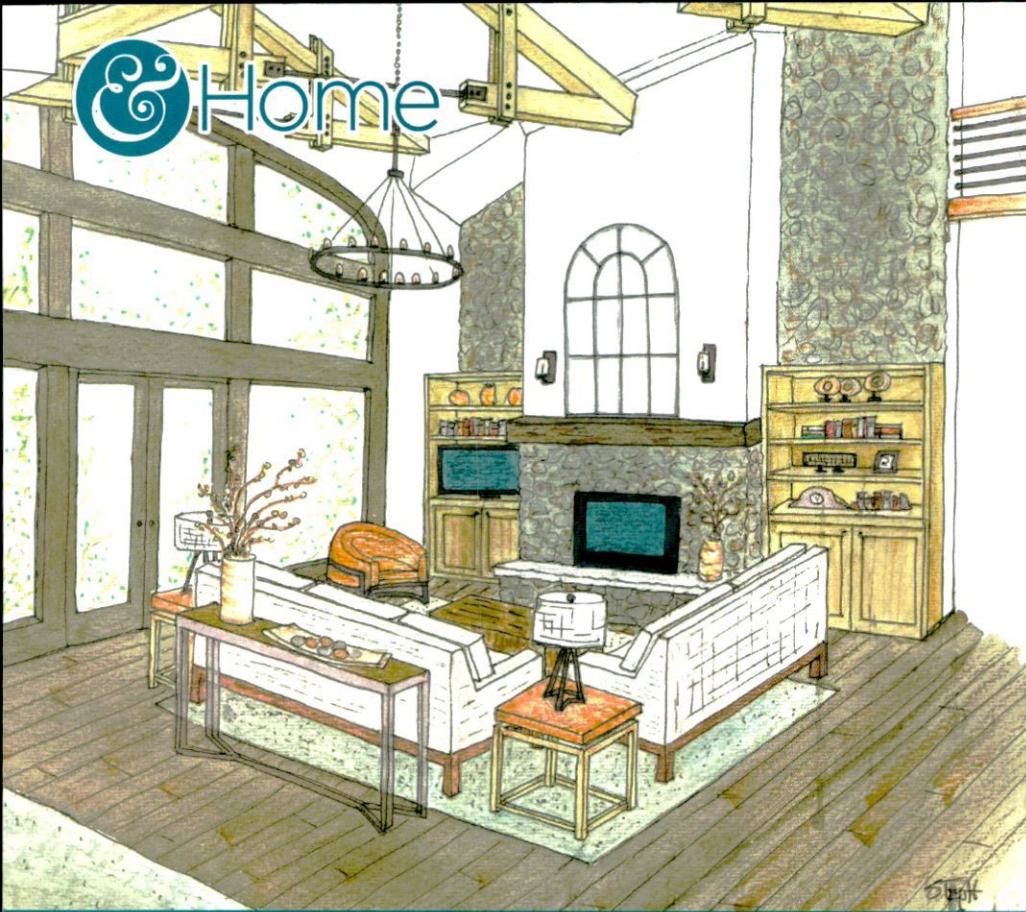
The thing I try never to do is lots of small art. Art is very beautiful, but it can be very flat. A lot of times I like to get texture involved. There's art now that has lots of different textures within it. Or objects that you can hang on the wall. I helped a couple once that were big boaters. We had some

oars from the canoe that we did a little bit of painting on and hung them in different directions along with some art. You can also suspend things from the ceiling like kites or canoes — something that seems like it would fit with the couple.

So you think in three dimensions! How do you settle on the right proportions?

It's a visual thing. I take measurements and draw it out and determine what a good size is and do a good layout on paper. I also do my hand renderings, which helps the client to envision how it will look. But it also helps me to determine what's really going to balance this room. I think it's all about finding balance of size, objects and color.

...continued on next page



For this great room, designer Stephanie Sarro illustrates an arched mirror flanked by sconces to fill space in the tall-ceilinged room, while (below) floating shelves are used to add dimension and interest to walls surrounding a TV. STEPHANIE SARRO ART

Filling in the Blanks...

In addition to adding art and other elements to the wall, what about the wall itself?

If the walls are all white, then it's super white in the room. But if you just put a little color on one wall, it'll change the whole feel of that room... The walls will reflect off each other. The other thing I really like to do is ceilings. Putting some color on the ceiling or wood on the ceiling really warms things up, so if you have a large wall, that helps with the wall too.

Wallpaper is becoming popular again — it never went out. I recently went to the Seattle Design Center, and some of the wallpapers and grasscloths there are just stunning. Lots of interesting styles and textures, even a cork wall. I've done a cork wall.

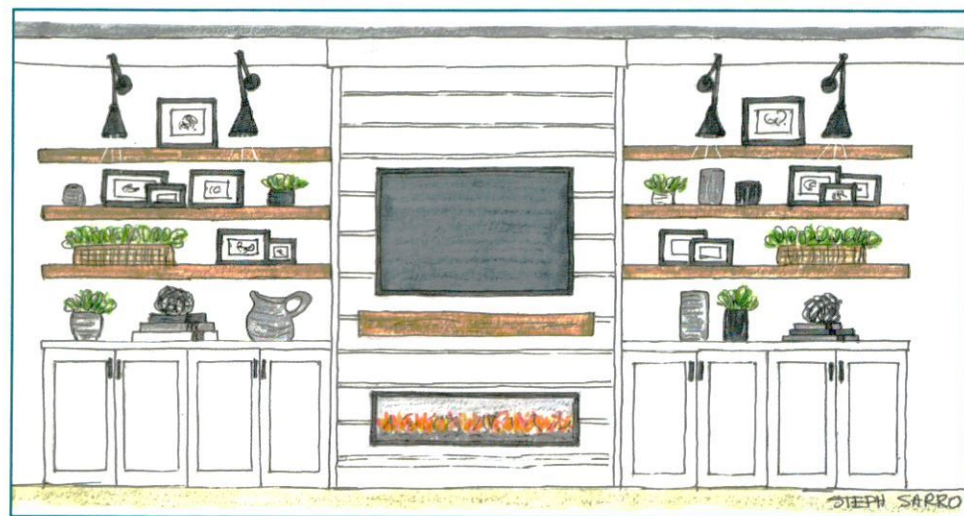
I've seen people add strips of wood to the wall in various configurations to add interest. Do you have any tips for that?

Yes, I'd call that reverse paneling, and I find that looks best if it's all just painted the same as the wall color. It just gives a little bit of texture. Slatted wood has become very popular as well because it adds that dimension to the room.

What about other things?

Mirrors are another really good option. There are some great mirrors being made

lately that are really large, and have grids in them, or kind of an antiqued shading on the glass. But I think a mirror is kind of like a framed piece of art. I wouldn't ever put a mirror and a piece of art on one wall. I think that's just a little too much. If you're



going to do a mirror, then I would do something like sconces on either side.

That brings us to lighting.

Yes. Picture lights have become popular again, and you can actually get battery-operated ones that you can hang directly over

the picture. Those are really pretty. They're kind of a downlighting that doesn't light up the whole room but it lights up the picture.

I've seen floating shelves used in really creative ways to fill a blank area. Let's talk about those. How do you decide where they should go?

Floating shelves can be really helpful. You can do anywhere between 4 inches deep and 8 or 9 inches deep. Usually there's a mounting system with a heavy metal post so you can just slide the shelf onto the post. I've done those for a musician's home, and we kind of staggered them and then hung guitars on pegs. Album covers went on the shelves, along with other objects like handmade wood objects and pottery that were really unique. And so that was a really neat display and really sang to that career of the musician.

So these big walls are a challenge, but they could also turn out to be really meaningful.

Oh yes. I always try to bring that into a home — something a little more personal.

Any other ideas you'd like to share?

I've done plant walls. If it's in the right area, like if it's in a well-lit bathroom, you can do real succulents. Otherwise, you can get the faux ones. I've done whole walls of those, and that adds a little green and life.

There are some really neat, large — like overly large — macrame hangings that are

becoming popular that you can find on Etsy. They usually come from Asia, and they are just *amazing*. I'm starting to see them more in West Elm and vendors like that. They're just works of art. 🌿

This interview was lightly edited and condensed.



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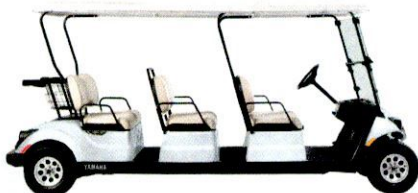
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Michael Visintainer readies the net for a cutthroat trout on the St. Joe River with his furry fishing companion Graham.

SEAN VISINTAINER, SILVER BOW FLY SHOP PHOTO





Angling

FOR BENEFITS

Fly-fishing just might hook you more than
a trout; practitioners say the sport trains
the body and heals the mind

BY E.J. IANNELLI

Thanks to films (and novellas) like *A River Runs Through It* along with historical figures like James A. Hensall waxing eloquent about the way it calms “over-taxed brains and wearied nerves,” fly-fishing has become synonymous in the popular imagination with serenity and meditation.

Tom Rosenbauer isn’t having any of it.

“I hate hearing the term *Zen* used in relation to fly-fishing,” he says. “It’s not meditative.”

Rosenbauer is one of the most respected anglers in the contemporary fly-fishing scene. Having authored books like *Fly Fishing in America* and *Casting Illusions: The World of Fly-Fishing*, not to mention numerous guides for the specialist sporting goods retailer Orvis, the same company for which he also hosts a long-running fly-fishing podcast, he’s heard all the stereotypes about the sport and knows how they diverge from his firsthand experience.

So what exactly is it that makes fly-fishing, in Rosenbauer’s words, “all-consuming?”

To start, it might help to understand what it is and how it differs from other types of angling.

Fly-fishing, as its name suggests, makes use of an artificial lure — as opposed to live or processed bait — that typically resembles an insect. It’s distinct from spin fishing, which also uses lures, primarily because of the

...continued on next page

Angling FOR BENEFITS ...

equipment and the technique the angler employs to cast the ultra-lightweight fly into the water. There's also some puppeteering involved. The angler has to make the fly seem lifelike enough to dupe predatory carnivorous fish like salmon and trout into thinking it's a snack.

"In fly-fishing, you're not sitting in a boat or on the bank ruminating on life or gazing at your navel, waiting for a fish to bite. You're always moving, you're observing. You need to notice the way the water flows, the way the currents move. You need to notice the insects that are hatching. Even the birds along a stream can tell you when the insects are hatching," Rosenbauer says.

It's this perpetual state of alertness and engagement with one's surroundings that, to him, not only define the art of fly-fishing but also contribute to its positive effects on well-being.

"Our bodies are tied to our minds. And when you're fly-fishing, you're often using your balance wading in a stream or standing in a boat. Here you are, out in nature, you're active, you're moving, you're occupying your mind, you're trying to solve problems. What about that couldn't be good for your mental health, right?"

Rosenbauer laid out some of these mind-body benefits in a resource guide titled "Orvis Guide to Family Friendly Fly Fishing." In it, he talked about some of the sport's therapeutic qualities and how they're leveraged by national groups like Casting for Recovery. That nonprofit organization, founded nearly 30 years ago in Rosenbauer's native Vermont, provides a way for breast cancer survivors to come together and engage in the healing that fly-fishing offers through its corporeal activity, mental focus and camaraderie.

Casting for Recovery states that over 11,000 women across the country have taken part in its program since its inception. And for men who are living with or recovering from cancer, the slightly newer organization Reel Recovery draws on the same holistic benefits of fly-fishing. Following the motto "Be well! Fish on!" it has hosted around 4,500 participants at over 400 retreats.

One group that has experienced both anecdotal and clinical benefits from fly-fishing is veterans. A study that Rosenbauer refers to in the Orvis guide examined Iraq War veterans with missing limbs who were suffering from post-traumatic stress disorder (PTSD). After just a single weekend of fly-fishing, researchers found that the veterans had "significantly reduced" levels of cortisol, a hormone associated with stress. They also reported better sleep patterns and decreased fear and anxiety.

Lest that study seem like a one-off, Project Healing Waters has fashioned its entire mission around helping active military service personnel and veterans tap into the curative aspects of fly-fishing. The nonprofit served more than 6,000 participants last year alone through chapters located all over the United States — including ones in Spokane and Coeur d'Alene.

As a testament to just how effective the sport is now

...continued on page 30



Author Tom Rosenbauer says the physical and mental demands of fly fishing make it far from a meditative pastime. | JACOB PERKINS PHOTO

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Jennifer Nepean works a fishy current below the Spokane skyline. SEAN VISINTAINER, SILVER BOW FLY SHOP PHOTO

Angling FOR BENEFITS ...

considered for treating war-zone PTSD, the 2022 film *Mending the Line* distilled these veterans' collective fly-fishing experiences down to a small ensemble cast and translated the story of recovery to the big screen. With fly fishers numbering around 7.8 million in the United States, according to a 2021 report from the Outdoor Foundation, a film like *Mending the Line* would seem to have a built-in audience.

An Ancient Practice, NOW A THERAPEUTIC SPORT

Although its origins likely lay in sustenance rather than recreation, the use of artificial fly-like lures to hook fish is a practice that dates to antiquity. Mentions of fly-fishing were recorded nearly 2,000 years ago. One oft-quoted passage from *De Natura Animalium* by the Roman author Aelian provides a detailed account of Macedonian anglers' equipment and technique.

"Then they throw their snare," he wrote, "and the fish, attracted and maddened by the color, comes straight at it, thinking from the pretty sight to gain a dainty mouthful."

Through the centuries, more writers would extol the art of fly-fishing as well as the perks enjoyed by its practitioners. The aforementioned James A. Hensall described fly fishers as "brain-workers in society ... drinking deep of the invigorating forces of nature."

More recently, in a *Paris Review* article titled "The Philosophy of Fly-Fishing," John Knight wrote, "I find great solace in the sport. I

delight in a day on the river, noticing all its features, trying to join its small dramas. Rarely do we have the excuse to sidestep the human perspective and become something else in a place where the only currency is camouflage and politics are straightforward."

In the here and now, Melissa Ceren continues to add to that sizable body of fly-fishing literature. She's a Colorado-based fly-fishing guide as well as a licensed professional counselor who writes on the sport's natural intersection with mental health.

Ceren cites a "confluence of factors" around fly-fishing specifically that can contribute to psychological well-being. The strong sense of community, for example. Plus the mindfulness and whole-body movement emphasized by Tom Rosenbauer. But she also points to the sport's adversity as a means of building self-confidence.

"I see fly-fishing as a microcosm of how life is on the outside. Like with any skill, it's not automatically easy. You have certain challenges, like getting knots in your line or losing flies, which cause you to pause and either meet that challenge with grace or shy away from it," she says.

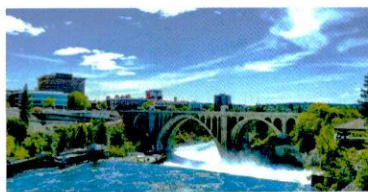
"And when we meet these difficulties and move through them, we build up that positive belief that we can do anything we put our minds to. It creates this sense of resiliency in that we can look back and say, 'Well, a few months ago, I was losing a fly every single cast. But now I've learned to alter this and that so it doesn't happen anymore. And if I did that in one month, imagine where I'll be in a year.'"

...continued on page 32

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Peg Currie finds fly fishing helps her with balance, strength and dexterity. "This is a very active sport." KEITH CURRIE PHOTO

Angling FOR BENEFITS ...

She's also come to value the unique "groundedness" that outdoor activities like fly-fishing provide — even to individuals dealing with acute depression and addiction. Being among natural surroundings, removed from the day-to-day bustle seems to aid in restoring perspective and recharging spirits.

Peg Currie has witnessed similar transformations herself. The retired chief

executive of Providence Sacred Heart Medical Center and Children's Hospital (and former nurse) is a self-described "farm kid" who grew up in Montana. Fly-fishing with groups like Spokane Women on the Fly has in turn enabled her to reconnect with the rustic environs that are so familiar to her. That feeling is also something that she gets to experience vicariously through others.

"One of the nuances that you don't ex-

pect is sharing it with somebody and seeing their eyes light up and their connection with nature happen. I almost think if you really never had [that connection] before, it might even be stronger because it's just such a joy to feel that when you've never felt it," she says.

Currie participates in a Spokane Women on the Fly subgroup who've dubbed themselves the Silver Sisters. Geared toward female anglers aged 55 and up, it's meant to harness the myriad benefits of fly-fishing in a way that's safe for newbies and those with mobility concerns.

"This is a very active sport, with walking and wading and being on slippery rocks or uneven surfaces. So it's a great activity for maintaining long-term balance and dexterity and muscle strength. It's really good therapy," she says. To prevent or mitigate falls, they encourage the use of special gear like wading staffs and floatation devices. The Silver Sisters also teach participants how to read the current or avoid sinking into mud.

Rosenbauer, who recently turned 70, echoes the neuromotor benefits of fly-fishing that Currie attests to. And as much as he might question the sport's meditative qualities, he's of the opinion that its relative accessibility and rich rewards make fly-fishing an ideal pastime "at all ages."

"There's no reason that anyone can't begin this," he says, "whether they're 75 or they're 15." 🐟

FISHING LICENSES

Washington: Online at fishhunt.dfw.wa.gov or at the Washington Department of Fish & Wildlife office at 2315 N. Discovery Place in Spokane Valley

Idaho: Online at IDFG.idaho.gov/buy or at numerous outdoor recreation retail locations including Castaway Fly Shop, 1114 N. Fourth St. in Coeur d'Alene

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Spokane Women on the Fly. ERICK DOXEY PHOTO

▲ **SPOKANE WOMEN ON THE FLY** This 1,000 plus member Facebook group just celebrated 10 years of providing education and camaraderie for women interested in fly-fishing, from beginners to well-seasoned anglers.

SILVER BOW FLY SHOP in Spokane Valley, features oodles of gear and the expertise to go with it. Sign up for a one-hour private lesson to learn the basics of fly casting and get info on gear. After a private lesson, they suggest booking a guided fly-fishing trip to deepen understanding of the sport.

FLY FISH SPOKANE offers guided float and walking trips on the Spokane River as well as on local lakes (look for Stillwater Trips). These trips include use of fly rods, reels and lines. Fly Fish Spokane also offers two types of lessons. One based in a local park covers info on gear and how-to's — no fishing license is required. The other type of lesson takes place in a pond and lucky casters may even hook a fish. A Washington state fishing license is required if you are over 14 years old.

— ANNE MCGREGOR



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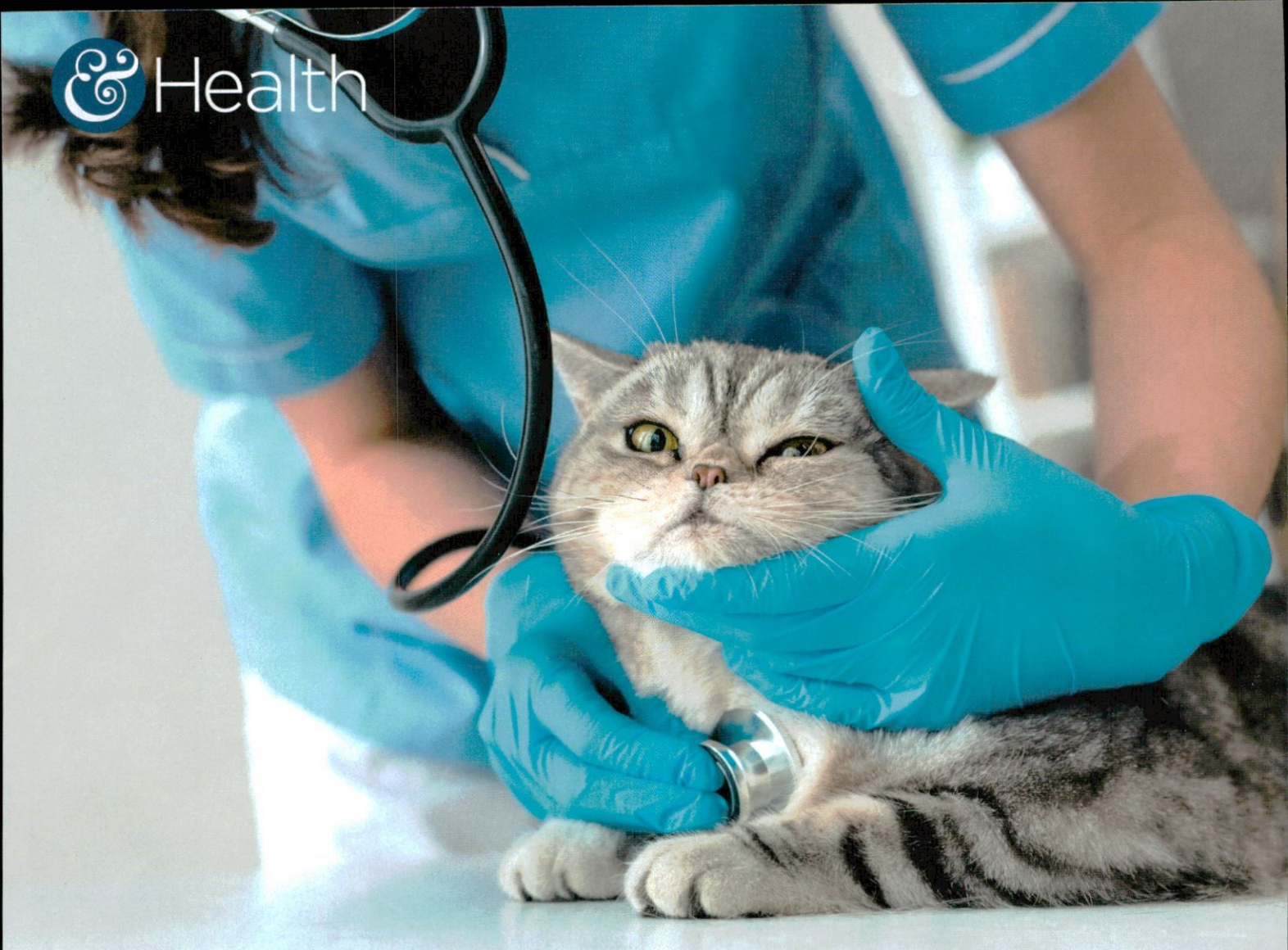
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PETS

What's That Hissing Sound?

Coping with cats who don't like poking and prodding

BY ROBERT SLACK

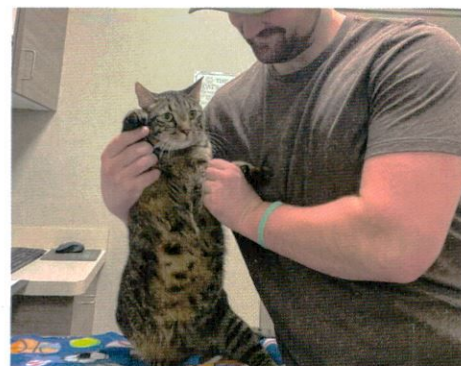
Some cats can be very much like their human parents — they just don't like doctors. While this is certainly not all cats, a few “independent” cats have a disposition that turns a bit cranky when a veterinarian ventures in too quickly. These cats just prefer not to be examined. They don't mind being softly stroked; it's when stroking begins to resemble *palpating* that their temperament is tested.

There are two areas of the body these discrete cats prefer not to have examined: the mouth and the abdomen. The vet will have no problem listening to their heart or lung sounds but don't go poking around their tummy, which seems to heighten their defenses. And probing in and

around the mouth is definitely dangerous territory for careless fingers to explore.

These independent cats have three highly effective defenses against unwanted examinations: The first two, teeth and claws, are definitely cause for caution, but it's the third technique that's highly effective in arousing fear. It's a prolonged low growl ending in a sudden hissing sound that causes even the more heroic veterinarian to question their wisdom in persisting.

If a vet is careless at heeding these warning signs, they may suffer a very painful consequence. These consequences are most frequently encountered by energetic veterinarians new to the profession. These early animal doctors are for-



Some cats, like Chong, only like to be handled by a trusted human. LESLIE DOUGLAS PHOTOS



Cheech and Chong wouldn't be able to make it through a vet visit without each other or one of their humans.

fortunate if hired by a more seasoned practitioner who can patiently coach their new partner in the value of caution with handling a cat's independence. They must understand that sometimes the Human-Feline Bond remains resolutely anchored with their cat parent.

If you happen to have a cat that falls into the "independent" category, you might talk with your veterinarian about ways to minimize stress prior to your cat's appointment. In some cases, vets may recommend a medication to calm your pet prior to the exam. They are very familiar with handling stress and can give you advice on how to prepare for a visit and let you know options they have in dealing with the independent cat.

Don't misconstrue my use of "independent" as equivalent in any way to being "mean." I believe most of these independent cats are born with a dominant instinct of self-preservation that unfortunately blossoms during their annual trip to the vet.

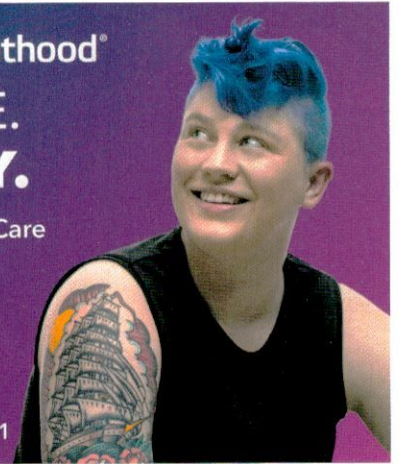
Thankfully, I have known a few vets who possess an innate ability to handle these independent cats. They have what I call "cat charisma" and even the most troublesome feline becomes mysteriously tranquil in their presence — a wonderful gift to have! 🐾

Robert Slack, a retired veterinarian living in Spokane, is the author of *Tails: Curious Stories of the Human-Animal Bond*.

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LAKE LIFE

Avoid the Peel

Tips to safely protect your skin from those brilliant summer rays

BY CARRIE SHRIVER

Summer brings blue skies, sunshine and long, lazy days at the lake or neighborhood pool.

Enjoying all that day after day means protecting our skin from burning to a crisp. So, we flock to the aisles of sunscreen where we stare, bewildered at all the options. Different SPF ratings, creams, aerosols, powders, and countless brands and other options to choose from. It can be overwhelming.

But every time I'm tempted to forgo sunscreen I'm haunted with visions of my worst sunburn. I sat under the hot sun, baking for hours on the front of a catamaran. My precarious trip to my chosen spot convinced me that if I moved again,

I'd wind up overboard in the ocean with dozens of witnesses.

The sunburn was in the usual spots, and on my scalp (where my hair parted) and the skin behind my eyebrows. During the following days I had enough flaking skin to make it look like I was caught in a sudden, summer snowstorm.

Sorry, You Must Reapply

According to Dr. William Philip Werschler of the Spokane Dermatology Clinic, like many people I made the common mistake of not reapplying my sunscreen.

"So, we have chemical sunscreens [and] physical sunblocks," Werschler says.

Chemical sunscreens contain ingredi-


ents that soak into your skin and absorb the UV rays. They act like a filter but can only absorb so much before needing a recharge.

Physical sunblocks, also known as mineral sunscreens, "create like a shield on the skin to reflect and refract ultraviolet light," Werschler says. Holes are eventually made in the mineral sunblock from swimming and sweating.

Werschler recommends applying a sunscreen in the morning, and reapplying every two to three hours afterward if you're out enjoying the sun.

"It's better to use either one than not to use one," Werschler says. Both chemical and mineral sunscreens





protect you from UVB rays, the cause of sunburns and skin cancer, and UVA rays which cause wrinkles and aging skin.

“You have the burning rays, you have the aging rays and the sunblocks [mineral sunscreens] generally do a better job at a more full spectrum block. Depending on the chemicals in the formulation of a chemical sunscreen, they can do just as good a job,” Werschler says.

An SPF of 30 is marginally better than a 15, but it’s not twice as good.

If you select a sunscreen labeled “broad-spectrum protection” you’re covered for UVA and UVB sun rays.

What’s In It?

Concerns about chemical sunscreens are real. There are research studies (some

conducted on animals) that show elements in chemical sunscreens can enter the bloodstream after it’s saturated the skin. Oxybenzone, found in some chemical sunscreens, may contribute to hormone disruption and boost the possibility of certain cancers.

As a result, while the FDA considers titanium dioxide and zinc oxide (found in mineral sunscreens) safe and effective, it states there isn’t enough data about the chemicals in sunscreens for the same conclusion.

In addition, chemical sunscreens are toxic to sea life, such as coral, fish and even the algae that is a key food element. Most mineral options are safe for aquatic life but choosing one labeled “non-nano” ensures that the particles in the sunscreen are too large for coral to ingest.

Another possible environmental concern is from using aerosol sunscreens. The propellants in them contribute to global warming, and they also emit volatile organic compounds (VOCs) which add to the pollution in ground-level ozones.

Werschler recommends checking

JUST THE BASICS Separating Myth and Fact

- ✓ Keep in mind that sunscreens expire so don’t use them past the expiration date.
- ✓ Tanning oils are not sunscreen (oil actually focuses light onto your skin).
- ✓ Taking some medications can make you more sensitive to sunlight.
- ✓ Aerosol sunscreens will make any skin cuts sting and can also affect gel nails and dyed hair.
- ✓ Having a base tan from a tanning bed won’t save you from a burn.

— CARRIE SHRIVER

sunscreen recommendations on the website of the Environmental Working Group. This nonprofit, nonpartisan organization performs independent safety analysis and lists updates about sunscreens on their website ewg.org. The Environmental Working Group verifies 83 sunscreens, all of them mineral based.

continued on next page...

To enjoy a sunny day at Lake Pend Oreille in Sandpoint, lather up with sunscreen — and reapply every two to three hours. KIRK FISHER PHOTO/ADOBE STOCK



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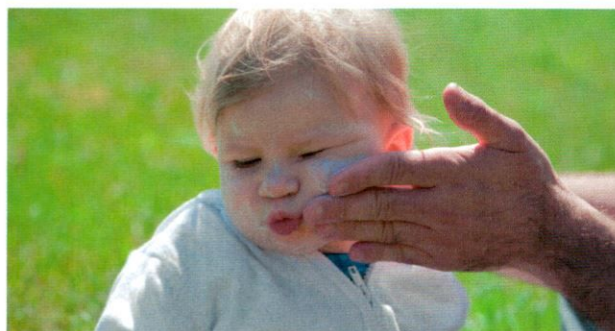
LOANS AVAILABLE



Avoid the Peel...

For thousands of years people have used zinc oxide as a skin protector. Zelda Swain, a dermatology nurse practitioner and owner of the medical spa, Bloom Aesthetics by Zelda, recommends "a sunscreen with a substantial amount of zinc oxide in it, 5% or more."

The physical sunblocks (mineral sunscreens) have other positive attributes. They tend to last longer, the zinc in them can zap those



SUNSHINE & KIDS

Protecting Skin Starts Early

For babies, newborn to 18 months, time in the sun should be minimal. They can get overheated and dehydrated.

Once that toddler is up and running around outside they need skin protection. "Practice safe sun. That's sunglasses, the hat [and sunscreen]," says Spokane dermatologist William Philip Werschler.

Children's sunscreen is formulated to avoid stinging. You can use adult products on kids, especially if that's all you have with you at the time. "If you look at the alternative of not using sunscreen, well that's much worse," Werschler says. "But remember if they get it in their eyes [they're] not going to be a very happy camper."

When taking your kids outside don't make wearing sunscreen optional, make it part of your routine, Werschler advises.

Since children love having fun, turn the whole process into a game. "I would jokingly act almost like a drill sergeant," he says. Werschler told his kids to "Assume the position!" and they'd spread out their arms and legs. He'd spray them down, minus their faces, have them rotate and repeat the procedure. Afterward the kids would rub sunscreen on their own face.

— CARRIE SHRIVER



A summer day at Coeur d'Alene's Independence Point park will require sun protection.
KIRK FISHER PHOTO/ADOBE STOCK

zits, they're usually easy on sensitive skin and don't tend to trigger allergies.

"Theoretically you shouldn't be allergic to mineral sunscreens because they are inert particles. What happens is those particles don't exist in isolation, they're in a compound with all kinds of other stuff like fragrances, preservatives, carriers and emulsifiers," Werschler says, and those other ingredients can set off your allergies.

SUNSCREEN VS. SUNBLOCK

What's the Difference?

- ✓ Chemical sunscreens contain ingredients that soak into your skin and absorb the UV rays.
- ✓ Physical sunblocks contain minerals that shield the skin surface by reflecting light.

On the minus side, mineral sunscreens can leave a chalky white residue on your skin and make you look like a vampire in photos. Luckily, avoiding resembling the un-dead is possible.

"I think the variety of sunscreens that feel good and look good has really taken off," Swain says. "We have several that have a tint to them, warm or cool. Then there's one that has a skin tone match, it goes on white and then it turns [tinted] as it's heated up by your skin. So, there's a huge variety of ones to make you not look like the surfers did in the 80s."

Know Your Numbers

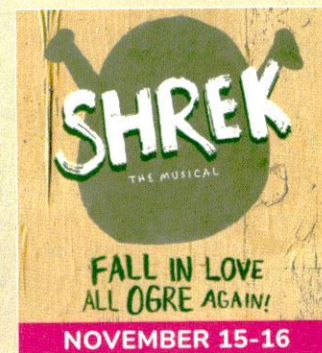
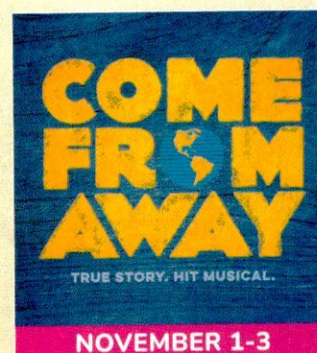
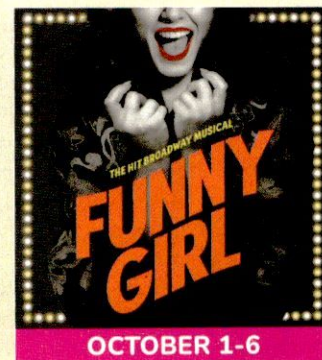
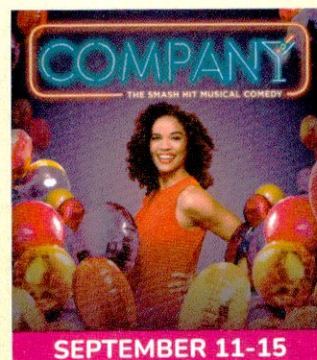
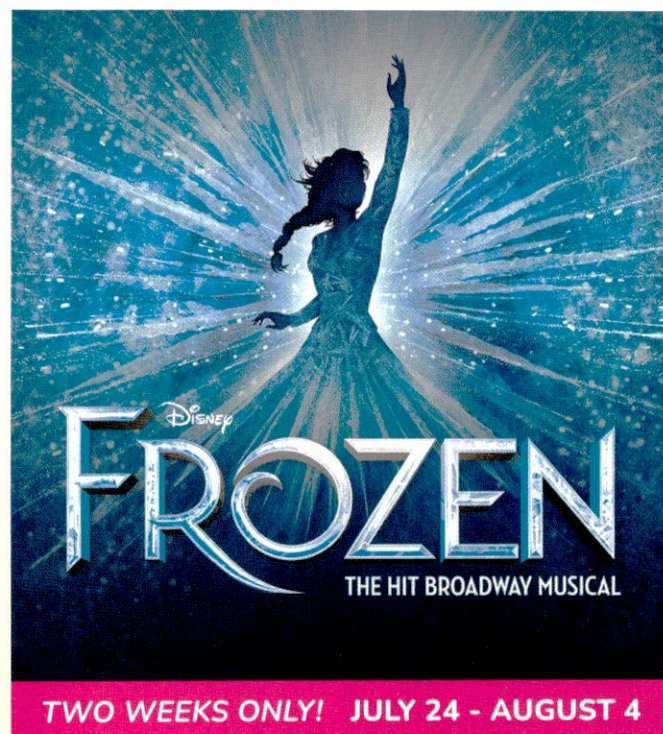
And last, consider the sun protective factor (SPF) when choosing a sunscreen. The number signifies how much ultraviolet light is absorbed when you're wearing it. The SPF rating system is weird, confusing and makes my head hurt. So, the best advice on this subject to remember is:

"An SPF of 30 is marginally better than a 15, but it's not twice as good," Werschler says. "You have to add a lot more SPF protection [after 30] to get incrementally more absorbed."

It's actually pretty simple. "Grab some sunscreen and make sure everybody has some on, reapply every two to three hours and have fun in the sun," Werschler says. ☺

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NONPROFITS

VOLUNTEER LAWYERS PROGRAM

In the summer of 2023, volunteers Becca Townley and Bella Vega helped fire victims regain access to lost paperwork and documents. VLP PHOTO

STORIES BY SUMMER SANDSTROM

Seeking legal assistance is expensive, and that's why the Spokane Volunteer Lawyers Program provides free legal services to help bridge the gaps in the system that are often present for low-income individuals.

"I feel like the legal system is very stressful, and for someone who's not familiar with it, I want to ease some of that stress," says Spokane Volunteer Lawyers Program coordinator Charity Rotinski. "I think it's important that that's something we always consider at the VLP, that we help take away some of the stress, the fear and the anxiety."

Started in 1985, the volunteer-run nonprofit provides legal education and advice to low-income individuals in Spokane, Stevens, Pend Oreille, Ferry and Lincoln county through clinics, events and classes.

"We assist people with their family law cases, some limited consumer legal issues, and we do wills and estate planning clinics several times a year, and all of our services

are free," Rotinski says.

The organization offers weekly family law clinics, including providing advice and assistance with divorce, custody and child support issues, among other things. There are also monthly walk-in legal clinics and weekly consumer assistance projects for people to get advice on things such as creditors garnishing wages or landlords who are overcharging their tenants.

Since Spokane Volunteer Lawyers Program is run by volunteers, Rotinski adds that it can also serve as a helpful resource to those beginning their work in law.

"I place a high emphasis on volunteers helping here, especially if it's students entering the legal field or new attorneys who want to find out where they want to practice and what area of law they're interested in," she says.

Rotinski recommends contributing financial support through the Spokane County Bar Association Volunteer Lawyers program or through their Amazon wishlist at spokanevlp.org/support-the-vlp. "If you are an attorney or Limited License Legal Technician, please volunteer your time. You can

SPokane VOLUNTEER LAWYERS PROGRAM

Located inside the Spokane County Auditor's Office
1116 W. Broadway, Fourth Floor
509-477-6123
spokanevlp.org



Spokane Volunteer Lawyers Program coordinator
Charity Rotinski. VLP PHOTO

really can make a difference and have a positive impact on a lot of people," she adds.

"Everyone knows it's not usually affordable for somebody to hire an attorney, so we offer guidance and assistance when we can to try to help that process go a little smoother," Rotinski says. "I want people to feel safe and welcome, and to know that we're going to do the best we can." 🌱

MORE TO CHECK OUT



▲ SPOKANE POTTERS GUILD

1404 N. Fiske St.

Spokane Potters Guild is a nonprofit dedicated to making the art of pottery accessible to all, regardless of their skill level. The guild offers a variety of classes, such as wheel and hand building classes for beginner and intermediate potters, and workshops for advanced potters. The Spokane Potters Guild offers membership options to those who have completed one of their eight-week classes, allowing them access to the studio and equipment. "We have a lot of really talented people here, and most of them are willing to share their knowledge so if your goal is to learn more about pottery, it's the place to go," says Sarah Albert, executive vice president. Pieces created by Spokane Potters Guild members are available for sale at the studio, which is funded by membership fees, class tuition, fundraisers and donations.

For more information about upcoming classes or events, visit spokanepottersguild.org.

SPOKANE HELPERS NETWORK

spokanehelpersnetwork.org

The Spokane Helpers Network connects people to organizations that can provide them support in acquiring the necessities of daily life. The nonprofit also has three year-round programs providing individuals with food and hygiene items, and they partner with schools including Grant, Stevens, Whitman and Regal Elementary to provide clothing and other supplies to students. The organization runs multiple year-round and seasonal drives, where you can donate things like food and clothes.

Visit the website for information on making financial donations or to learn about becoming a volunteer.

PARTNERS WITH FAMILIES AND CHILDREN

106 W. Mission Ave.

Partners with Families and Children provides services to assist children experiencing abuse. They provide medical exams, forensic interviews and therapy for children, as well as legal advocacy services for children. Additionally, Partners with Families and Children provide a variety of family counseling and parenting support services, as well as a Substance Use Disorders program for parents. Partners with Families and Children is funded in part by a number of health care organizations, Washington state departments and local government.

Get involved in the mission to eradicate child abuse by learning about how to be an advocate, or explore opportunities for volunteering and donating at partnerswithfamilies.org/get-involved.

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LAKE LIFE

Learning to Love Inflation

Inflatable watercraft make it
easy to get out on the water
— just grab a pump and go

BY HANNAH MUMM



*There are 76 beautiful lakes
all within a one-hour drive
of Spokane, and nothing will
make them more accessible
to you this summer than an
inflatable watercraft.*

Think paddleboards, kayaks, rowboats and rafts. Generally, inflatables won't necessitate a roof rack or trailer. And while there are legions of rugged inflatable boats, sometimes including outboard motors, that can cost thousands of dollars, there's also a plethora of inexpensive inflatables for casual summer days on a lake or river.

Jason Young, department manager of Spokane's REI, has long been an avid stand-up paddleboarder. In his 20 years of loving the sport, he's been an SUP and SUP yoga instructor, and any day it's over 60 degrees and sunny, you can find him on the water.

"I grew up on Whidbey Island and would paddleboard in Penn Cove as a child. I started on a little wood board," Young says. These days, he describes his collection of paddleboards — which contains a multitude of inflatables! — as "fancy."

REI carries the BOTE WULF Aero inflatable paddleboard. At \$500, it's great for beginners, with a length of just over 10 feet. The backpack-style storage bag makes it easy to search out calm waters that aren't accessible to trailer-bound boats.

...continued on next page

Washing Up

No matter your vessel, there's a lot to explore in our region for those who love life on the water. For starters, REI's Jason Young recommends checking out Medical Lake, Upriver Dam, Camp Sekani, Horseshoe Lake and Bear Lake.

Just note that if you're planning on visiting different bodies of water, make sure to wash your inflatable after each use. Each time you leave a body of water, organisms remain on your craft, and to enter a new body of water without rinsing it down would disturb the new body's ecosystem. "You're affecting the flora and fauna, and it's irresponsible," Young explains.

Long story short, just be sure to clean up after yourself.

"You just gotta remember, you're connected to the water. That's why I love it," says Young.

— HANNAH MUMM

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& Lifestyle



Inflatable craft go from your car to the water in a matter of minutes.

YOUNG KWAK PHOTO

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Spokane

habitat-spokane.org
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Volunteer

By volunteering with Habitat-Spokane, you can be a part of the change you want to see in your community. Help is needed on the job site, and in the Habitat Store!

thank you

Exclusive Access

For more adventure, consider an overnight stay at a place only boats — including inflatable watercraft — can get to. There are seven islands in Priest Lake, and two of them, Bartoo and Kalispell, offer boat-in-only camping, with campsites split 60/40 among reservable sites (go to recreation.gov) and first-come, first-served sites.

You can even sleep right on top of your paddle board using an attachable low-rise, coffin-style tent called a bivy. It's a waterproof cross between a tent and a sleeping bag, and it's quick and efficient to set up.

You'll need to secure all your own supplies to your paddleboard, kayak or raft and ferry them to your remote destination, but rest assured that peace and tranquility are provided on-site.

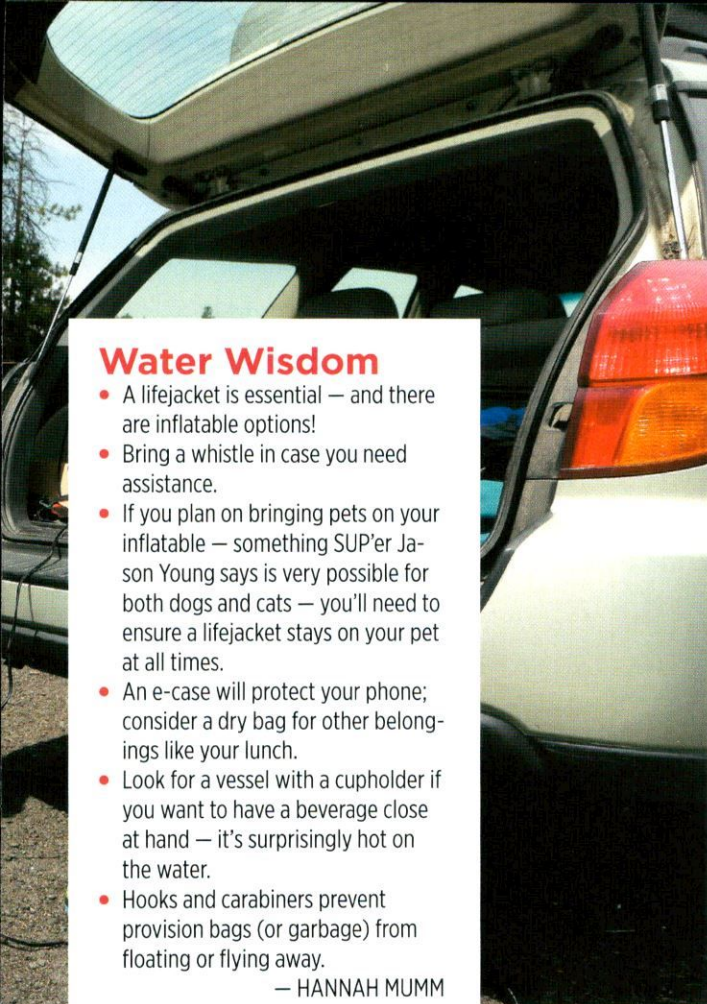
— HANNAH MUMM

Learning to Love Inflation...

For pleasant drifting, the General Store in Spokane carries two-person inflatable rafts like the Challenger K2 (\$61), perfect for lake or gentle river floats. "The Challenger is one of our most popular options," says Miles Barany, the General Store's part-owner. "Many people use it for fishing, because it has extra space and leg room." Plus, it can easily accommodate an ice chest. Perhaps the best option for socializing while enjoying the water are some of the top sellers at the General Store: inner tubes designed to easily be hitched to other tubes, creating a flotilla or even a private island.

At Cabela's, in Post Falls, the Intex Wyoming C2 inflatable canoe checks in at \$150, holds two people, sets up quickly and offers adjustable supportive backrests. The Advanced Elements PackLite inflatable "Packraft" (\$980) weighs in at just 13.4 pounds. It folds up into a backpack carry bag, with pockets for a paddle or fishing rod, making it easy to tote to more remote locations.

Then there are the novelty craft. The SUPyak — REI carries



Water Wisdom

- A lifejacket is essential — and there are inflatable options!
- Bring a whistle in case you need assistance.
- If you plan on bringing pets on your inflatable — something SUP'er Jason Young says is very possible for both dogs and cats — you'll need to ensure a lifejacket stays on your pet at all times.
- An e-case will protect your phone; consider a dry bag for other belongings like your lunch.
- Look for a vessel with a cupholder if you want to have a beverage close at hand — it's surprisingly hot on the water.
- Hooks and carabiners prevent provision bags (or garbage) from floating or flying away.

— HANNAH MUMM



the TAHE Beach version (\$700) — is a stand-up paddle-board-kayak hybrid with anchors along the sides of the board to attach a kayak seat, et voilà: You have both paddleboard and kayak. Or, check out Pau Hana's Oahu Nui giant SUP (\$1,700, online), a 15-footer that can accommodate you and family and friends.

As for technique, rafts and kayaks are pretty easy to use: For your first outing, find some still water, inflate your craft, put on your life jacket, climb aboard and start paddling. Trial and error will quickly reveal how to steer and maneuver. Paddleboards have a bit of a learning curve to get to the standing position, but even if you end up kneeling or sitting, don't be embarrassed. "Everyone can paddle," Young says. "Paddleboarders, we love everybody." 🐾

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DRINK LOCAL

No-Buzz Brews

Alcohol-free hop water is finding a niche
in the beverage business

BY ELIZA BILLINGHAM



The Ward and Porter family created PNW Hop Water for occasions when a no-alcohol beverage is better. COURTESY PHOTOS

Jerry Porter had gone gluten-free and couldn't drink beer anymore. It was a problem — his hobby for years was brewing beer. So he started experimenting with making hop water, a sparkling water infused with hops instead of a malted grain fermented with them. The result was alcohol-free, gluten-free, sugar-free, calorie-free, and somehow, still delicious.

Porter's son in law, Anthony Ward, had a different motivation. "I just wanted something that satiated the urge to drink beer without having a negative effect." He had decided to cut back on alcohol after drinking a few too many beers out of sheer boredom during the pandemic. He felt better physically, but bubbly water after bubbly water still left him feeling, well, bored.

Jerry's hop water proved so satisfying to both of them that they wanted other people to try it, so they created and began selling PNW Hop Water in 2022. The family business more than doubled its sales in 2023.

Things look promising for the young company, which is taking off at the same time as nonalcoholic adult beverages are becoming trendy across the country. According to consumer spending analyst NielsenIQ, nonalcoholic beverages sales grew to half a billion dollars in July 2023. The year before, hop water alone accounted for \$5.5 million in sales, up by over 40% from the year before, while craft beer sales dropped 7%. NPR's Marketplace reported that while close to half of millennials drink regularly, only about a fifth of Gen Z drinks that often.

"It feels like we're reaching that tipping point where people are really starting to understand how bad alcohol can be for you,"

Ward says. "This is just a really well-timed product in terms of where we are going culturally."

Perfecting PNW Hop Water was done by Brian Porter, Jerry's son, who grew up brewing with his dad and ended up a culinary professional.

Now an instructor at Lewis and Clark High School, Brian used his restaurant experience to extract as much flavor as possible from Yakima-grown hops. He also created alternate flavors, preferring the way citrus pairs with the fresh hops. Along with the original "Hoppy" flavor, PNW Hop Water also comes in grapefruit, tangerine and yuzu, the latter being another trendy ingredient that's been a huge hit at farmers markets.

Hop water isn't nonalcoholic beer. It's not trying to mimic Budweiser. It's a completely natural, carbonated tea infused with sophisticated adult flavors.

"I always try to make a point to explain to people, most alcoholic beers are brewed as regular beer and then they process it afterwards to remove the alcohol," Brian says. "When they do that, they're changing it chemically. Whereas we're taking a product and building it from the ground up so we don't have to remove anything."

PNW Hop Water is also taking on a life of its own.

"We've found a lot of people are using it to make cocktails," Ward says. "They'll use it as a mixer for nonalcoholic cocktails as well as alcoholic cocktails. It's a nice base for a lot of citrus type drinks, or with gin or tequila or vodka."

Ward is realizing he doesn't miss the alcohol. He can still celebrate or relax or

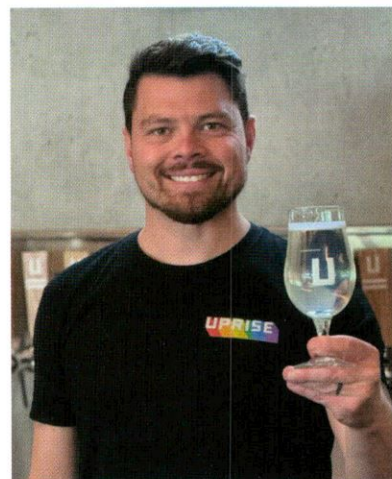
take part in any social ritual that usually includes a delicious drink in hand, but without a foggy memory or headache the next day.

"I've had some of my best times without alcohol," Ward says. "The best moments I spend with my family are always the little moments, just simple things. I don't feel like I can be as present if I'm drinking in those moments. No disrespect to drinking — I enjoy a good beer. But as I get older, the moments that are most important to me are generally the ones where I'm sober." 🍷

Hoppin' Around

At Uprise Brewing in Kendall Yards, hop water is available on tap. "It's really popular," says co-owner Ryan Hare, noting that they released it in December 2023 in preparation for the increasingly popular Dry January. "We've tinkered with it quite a bit," adds his brother, and co-owner, Brandon Hare. The brothers hope to offer canned hop water available in the near future, but for now it's available to-go in their crowlers. Hop water is also on tap at Spokane's Brick West Brewing Co., at Iron Goat Brewing and at Post Falls Brewing, to name a few.

Revival Tea Company, based in downtown Spokane, offers canned four-packs



Uprise Brewing's Brandon Hare

of Earl Gray Hopped up Tea, a carbonated beverage created with a blend of Earl Grey tea and Yakima Valley Mosaic Hops. It carries a little caffeine kick and is designed to taste like a Pale Ale. (The no caf option in a pilsner-style, a Lemongrass with Yakima Valley Citra Hops, had sold out at press time.) And Yaya Brewing Company in Spokane Valley will begin canning their own hop water in July.

— ANNE MCGREGOR



THE GREAT PNW



STORIES BY SUMMER SANDSTROM

Looking for casual apparel that's rooted in the Pacific Northwest? Stop by The Great PNW, where you can find a variety of shirts, sweaters, hats, and other items like drinkware and bags that all feature iconic regional flair.

The Great PNW offers gear in over 70 retailers around the Northwest, but its flagship store is in Spokane at Kendall Yards.



The Great PNW founder Joel Barbour at his flagship Kendall Yards shop.
LESLIE DOUGLAS PHOTOS

I created the brand to celebrate the Northwest and what it means to live here.

"The Northwest, it's very unique, especially in Spokane specifically — if you go 10 minutes in any direction, you can find lakes, rivers and hiking trails," says founder Joel Barbour. "I created the brand to celebrate the Northwest and what it means to live here."

**SHOP
LOCAL**



New for 2024, The Great PNW is celebrating that quintessential Northwest beer, Rainier, with a whole line of collab tee's, sweatshirts and an assortment of hats for any weather condition.

THE GREAT PNW

1098 S. Summit Pkwy.
thegreatpnw.com

The Smoky Bear line of merch includes clothing — don't miss the adorable Babes Tee — as well as vintage-style tchotchkes such as a key fob, coasters and special pins.

...more local shops on next page



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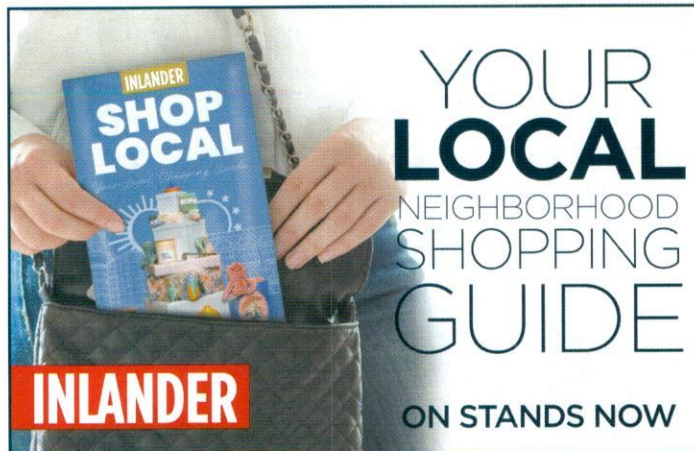


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JUDY'S ENCHANTED GARDEN

2628 W. Northwest Blvd.

Blooming with a frequently changing inventory, Judy's Enchanted Garden has been providing Spokane gardeners and plant enthusiasts with a wide selection of unique plants, shrubs, trees and more since opening in 2004.

"We bring in annuals, perennials, vegetables, just different varieties that are hearty for our area, and we get in trucks weekly so we can keep our inventory fresh," says Jennifer Burghardt, who purchased the store last November.

Recently, Judy's Enchanted Garden launched a website that allows shoppers to place special orders for plants they may not find at most nurseries or that aren't currently available at Judy's.

"We try our best to cater to that, and that is something different that you don't find at a lot of nurseries."

Judy's is open during the holiday season, selling a variety of holiday garden decor and seasonal items and allowing them to connect with customers during the off-season.

THE QUILTING BEE

16002 E. Broadway Ave., Spokane Valley

With over 7,000 bolts of fabric, a wide selection of sewing machines and around 100 classes each month, The Quilting Bee caters to brand new and lifelong sewers and quilters alike. Their classes cover a wide range of sewing skills — such as embroidery, advanced quilt making and sewing machine basics. Many of their employees are avid sewers too, according to co-owner and marketing director Michael Auble, and The Quilting Bee often carries fabric lines, kits and other crafty creations made by their staff. The shop's machines are also available for shoppers to try in store, and The Quilting Bee posts videos on social media detailing the specifics of each new machine in its inventory.

PAINT IN MY HAIR

3036 N. Monroe St.

Paint in My Hair specializes in giving a second life to furniture and home decor items through refurbishing, upcycling and refinishing them. Established in 2009, the business carries items from 19 vendors, providing customers with a wide array of styles to choose from for their home furnishing and decorating needs. Find supplies such as paint and transfers from brands that include Annie Sloan Chalk Paint, General Finishes Products and Prima. There are also new items, including a selection of unique clothing, sprinkled in among the vintage wares. And if you're looking for DIY help to spruce up your own furniture pieces, visit paintinmyhair.com for information about classes. 

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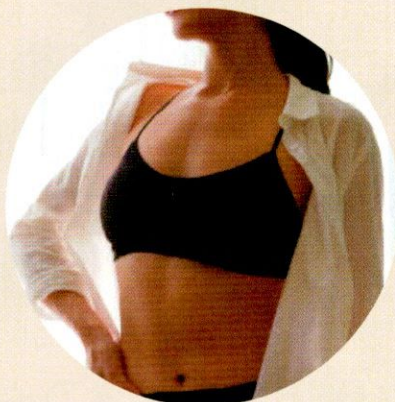
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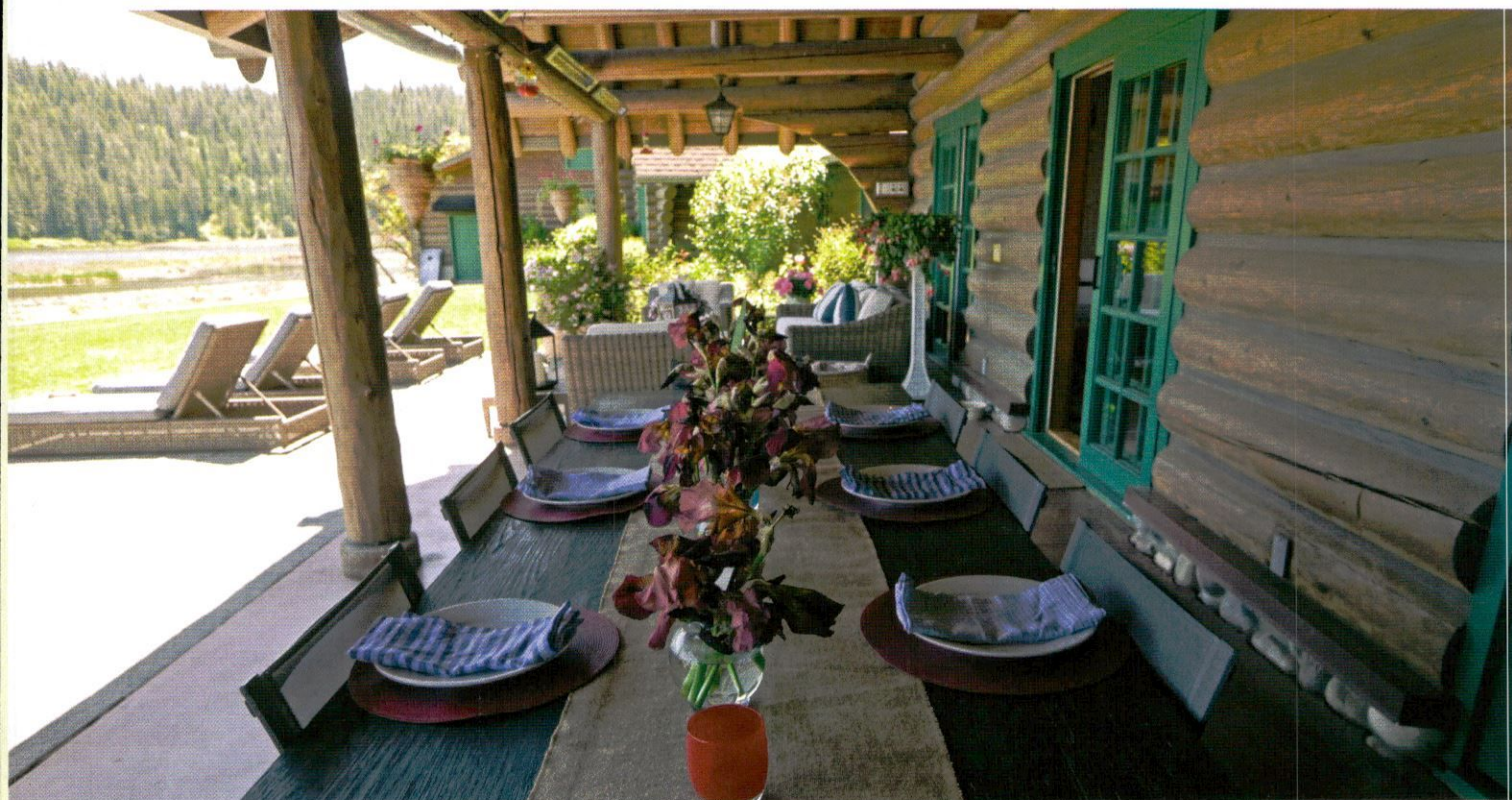
Chef Cara

Chef Cara Anthony serves up orecchiette pasta with Sungold tomatoes on the porch of her Lake Coeur d'Alene cabin.

Comfort Food

Using the freshest ingredients, Chef Cara Anthony brings rustic Italian fare to North Idaho

Story By Eliza Billingham • Photos by Young Kwak



In 2008, a massive log cabin owned by the late local multimillionaire Duane Hagadone was split in half and floated on barges across Lake Coeur d'Alene until it reached its new home on Cougar Bay.

Decades earlier, a wealthy Italian family in Midtown Manhattan was split in half by divorce, and a mother and three children flew across the country to make a new home out of a log cabin in Hailey, Idaho.

The oldest daughter was 7 years old when they moved. She had the same name as seven Italian grandmothers before her, Candida. She went by Cara.

Despite suddenly being detached and adrift, Cara soon fell in love with Idaho. She'd grow up and go on to travel the world, but she eventually came back to Idaho to live in a log cabin with a story strikingly similar to her own.

Cara Anthony and her husband, Jeff, bought the Haga-

done cabin on Cougar Bay in 2018. The couple renovated the mansion and opened Cougar Bay Lodge, a bed and breakfast specializing in private events catered by Anthony herself.

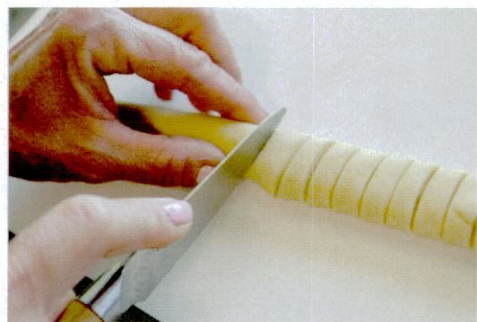
Trained in Old World techniques by her mother, Anthony offers North Idaho the flavors and finesse of northern Italy. She also teaches cooking classes and runs Mimi and Frankie's Kitchen, a catering company named after Anthony's mother-son pair of French bulldogs.

Anthony has loved animals since she was young. For most of her life, she was a Grand Prix equestrian, jumping horses at elite international competitions.

"If you know how to get to a high level — discipline, hard work, put your head down, keep your head down — you can do anything at a high level," Anthony says.

It's an attitude she brings to every aspect of her life.

...continued on next page



TRY IT YOURSELF

Orecchiette

Orecchiette means "little ears" in Italian, and this pasta gets its name from its unique, irregular shape. It originates from the Apulia region of southern Italy, a part of the country that historically has been poorer than other provinces. Therefore, the pasta only calls for flour and water, no eggs. It's traditionally made by hand by older women, sometimes called pasta grannies, who sell it on the sidewalk to homes and restaurants.

Take your time learning the special rolling technique. Then use fresh summer tomatoes for an unforgettable, comforting and completely homemade meal.

INGREDIENTS:

- 300 g Semolina flour
- 160 g tepid water
- 1 tsp salt

INSTRUCTIONS:

1. In a medium bowl, add the semolina and salt.
2. Make a well in the middle and slowly pour in the water while stirring with a fork.
3. Once all of the water has been added to the semolina, knead with hands until the dough comes together.
4. Once the dough comes together, turn it out onto the bench and continue to knead until the dough is smooth and elastic. Wrap in plastic wrap or a kitchen towel and let rest for 15-30 minutes.
5. Once the dough has rested, cut off about an eighth of the dough and roll it out into a roll about 10 inches long. Cut pieces every 1-2 centimeters.
6. Take one of the pieces and with a dinner knife at a 45-degree angle, press and roll the dough toward you. Make sure to start at the edge of the dough. Once you roll across the entire piece, stop and unfurl the dough over your thumb to invert it into a concave shape.
7. Place the orecchiette on a baking sheet that's been sprinkled with more semolina.
8. The orecchiette can be made ahead and stored at room temperature. Makes enough orecchiette for 8-10 people.

...recipes continued on page 56

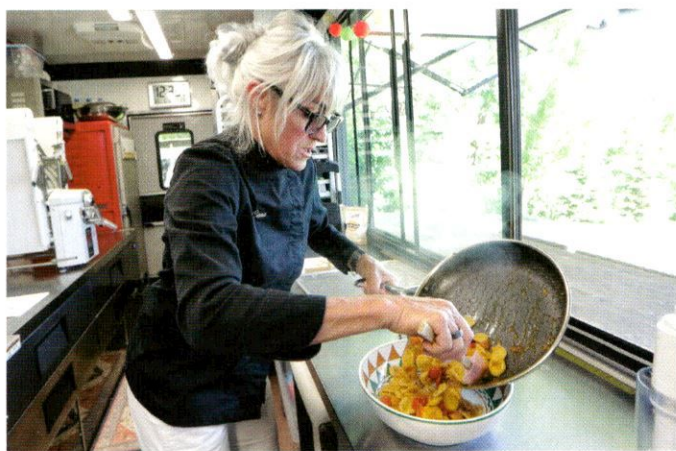
Comfort Food...

Anthony's perfect pastries — like brioche buns, croissant tarts, ricotta cakes and Italian donuts — have earned her a following from picky shoppers at local farmers markets. Now, they sell out almost immediately after she delivers them every Friday and Monday morning to the Coeur d'Alene Coffee Shop.

A private cooking class means a chance to experience Anthony's portable commercial kitchen — a sleek, modern trailer next to the lodge with a stunning view of Lake Coeur d'Alene. Students learn to make pasta like Italian grandmothers do on the sidewalks of Apulia or crostatas with the perfect flakey crust filled with apples from Anthony's own orchard.

Fresh produce has been a passion since she was young. Her Idaho childhood home had extensive gardens and a not-so-secret morel patch.

"My mom was all about organic before it was a thing," she says. "We were organic before organic was cool."



Cara Anthony at work in her sleek, modern food trailer.

Her siblings quickly ditched Idaho for the bustle and familiarity of Manhattan. But Anthony, anchored by animals and food, stayed. She learned to copy her mother's elite cooking technique — she had studied cooking with culinary giants James Beard and Michael Fields in New York City — and mealtime soon became an art. Every month, mother and daughter pored over *Gourmet* magazine together, each trying to outdo the other with a better recreation of the cover dish.

Today, a dinner party at Cougar Bay Lodge would mean Italian classics with garden fresh ingredients. It would be served on a lakeside patio frequented by bald eagles and moose or in a grand, wood paneled room lit by chandelier and candlelight. But it's an extravagant experience coming to a close. The Anthonys have decided to sell the lodge and end their chapter of being the lodge's owners.

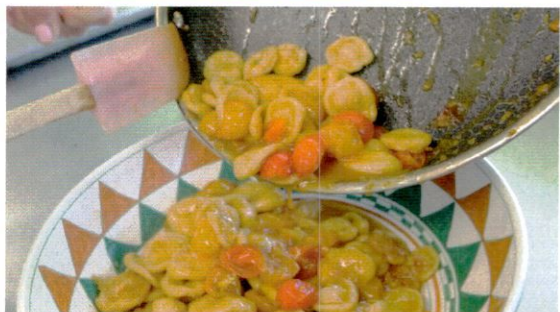
They've been more than fortunate to live in the lodge, Anthony says, and they won't go far. But it's too exhausting and expensive to host dinners at the level Anthony wants, so she doesn't want to do it at all.

"I have a standard," she says. "I can't half-ass it. I will not be proud of what I put out there."

She and her husband are looking for a smaller place on the lake that still has a spot for her commercial trailer kitchen — never fear, her pastries aren't going anywhere. She'll also be available to come into private homes to cook luxurious meals for intimate celebrations.

It's uprooting again, with the inevitable feelings of loss and limbo, but another step in the everchanging journey to find home. 🌱

A TRULY UNIQUE WHISKEY & RESTAURANT EXPERIENCE



Salsa di Pomodoro Sungold (Sungold Tomato Sauce)

INGREDIENTS:

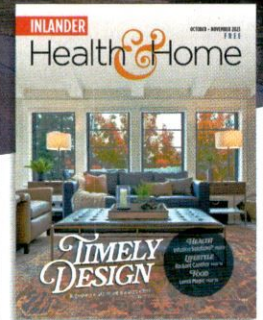
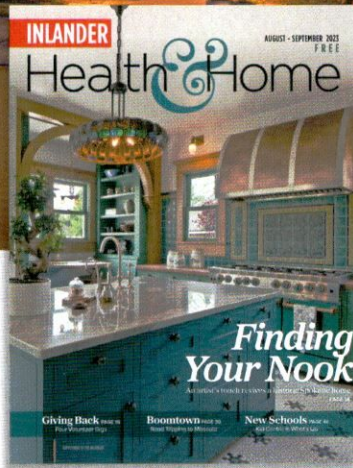
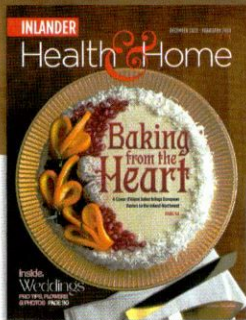
- 1 lb Sungold tomatoes (small yellow cherry tomatoes are best but can substitute red)
- 1 T extra virgin olive oil
- 1 T unsalted butter
- ½ t sugar
- 1 large shallot, minced
- Kosher salt
- Pepper
- Fresh basil leaves for garnish
- Parmigiana Reggiano cheese for serving

INSTRUCTIONS:

1. Prepare the tomatoes by slicing them in half.
2. Heat the olive oil and butter in a nonstick saucepan over medium heat.
3. When the butter stops bubbling, add the minced shallot and cook until tender, 3-4 min.
4. Sprinkle the sugar over the shallots and carefully place the tomatoes face down in the pan. Cook over medium heat until they start to caramelize. Jiggle the pan every once in a while to make sure the tomatoes are not sticking to the bottom. This should take around 10-12 minutes. If the tomatoes give off a lot of liquid, it might take a bit longer. Be patient and do not turn up the heat.
5. While the tomatoes are cooking, boil the water for the pasta. Once the water boils, add a sufficient amount of salt. When the water returns to a boil, add the pasta.
6. Cook the pasta to al dente.
7. Once the tomatoes are ready, add the cooked pasta directly into the pan and gently stir in the pasta. Add ¼ cup of pasta water to the sauce and continue to cook until a thickened sauce forms, about 2-3 minutes. You can always add a bit more pasta water if you need.
8. Remove from heat. Serve immediately with a basil leaf and some fresh grated parmesan cheese. Bon appetito! Serves 6-8.

— RECIPES COURTESY OF CARA ANTHONY

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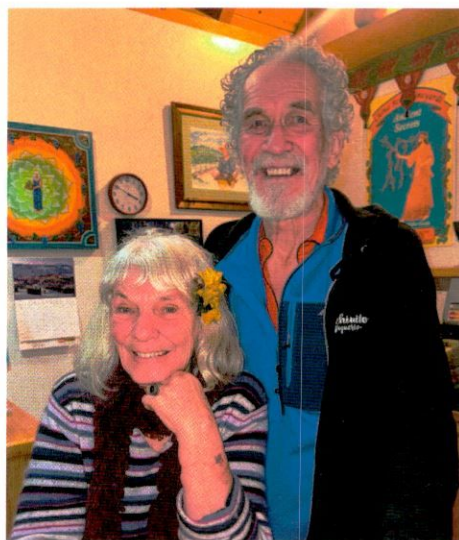


DRINK LOCAL

Looking Forward... Into the Past

Ancient Sumerian wisdom and 1960s vibes
combine at China Bend Winery

BY WILL MAUPIN



Bart and Victory Alexander have been living, farming and making wine at China Bend Winery for more than 35 years.
COURTESY PHOTOS

Located on the west bank of the Columbia River just downstream of Northport, Washington, China Bend Winery brings a unique approach to wine-making in a scenic corner of our region.

Bart and Victory Alexander first arrived on the property 50 years ago as self-described “back-to-the-land hippies” who planned to grow fruits and vegetables in the sun-soaked clearing above the river.

“It was just absolutely raw, undeveloped land with no improvements of any kind,” Bart says. “At that time we weren’t sure if we could do wine or not because the experts of the day 50 years ago were telling

us, ‘No, you can’t grow grapes up there.’ But I had been to Europe as a young guy and had seen grapes growing. It’s a really challenging environment. So it was largely just a matter of years of experimentation to find varieties that would come to perfection in a climate like this.”

In business as a vineyard and winery for 35 years, China Bend Winery made a dramatic shift in 2005 when Bart’s interest in ancient civilizations led him to learn of a new discovery. Clay tablets describing various forms of Sumerian agriculture had been unearthed and translated, and he says one describing winemaking caught his eye.

"There was one thing that they did in making wine that we'd never heard of any winery ever doing before, or read about any of my studies, and is something very simple, very natural, but radically different in the way that they handled the grapes in the fermentation," Bart says.

Initially shocked by what he had learned, Bart thought it must have been a misinterpretation of the Sumerian language inscribed in the tablet. However, he was also intrigued and decided to set aside one barrel to experiment on.

While they won't reveal their secret, Bart says that "it makes a very, very noticeable, very remarkable difference in the

wine," and they've been sticking with it ever since that initial experiment.

And it's not the only

technique that sets China Bend Winery's products apart. All of China Bend Winery's wines are organically grown and contain no added sulfites.

Sulfites naturally occur in the winemaking process, especially for reds, but most winemakers add in sulfites as well as they help keep the product shelf stable. While they help preserve the wine, sulfites are also commonly accused of being the culprit behind those post-wine headaches.

Such natural wines have become quite trendy in culinary hipster circles in recent years, but China Bend Winery has been on the bandwagon since long before it was cool.

Beyond the wines, the Alexanders give would-be customers plenty of reason to make the trip up past Kettle Falls.

"The minute you arrive, you are on a beautiful estate right on the banks of Lake Roosevelt. The vineyards and gardens are beautiful and just a great place to explore if nothing else. But we have a nice area in front of the winery that's a nice lawn with shade and picnic tables," Bart says.

Just next to the vineyards, in the shade of towering ponderosa pines, you'll find the winery, tasting room and a bed and breakfast — you'll want to make reservations in advance, as there is room for just one set of guests at a time.

The winery also hosts events like their Summer Party on July 6, Garlic Faire on Aug. 17 and Salsa Fiesta on Sept. 14. These



events feature live music, arts and crafts, local products, and gourmet food, some of which is made on site by Victory.

"She has a beautiful garden that you come by as you go to the winery where she grows all the various ingredients for a line of salsas and pickled foods and this sort of thing that we process right on the estate here, fresh out of the garden," Bart says.

As you would expect from a pair of

self-described hippies, Victory's foods are all organic as well.

This eclectic mix of producing the presently trendy natural wines, by a couple from the countercultural back-to-the-land era of the 1960s and '70s, with the twist of an even greater blast from the past to Bronze Age Sumeria, ensures China Bend Winery is one of the most eclectic wine-makers in the region. ☺

Every Day is Market Day

It's farmers market season across the Inland Northwest, with a place to keep it fresh and local in just about every corner of the region

COMPILED BY MADISON PEARSON

Kendall Yards Night Market

LESLIE DOUGLAS PHOTO

MONDAY

Hillyard Farmers Market 3-6 pm, late June to late Oct. *Northeast Community Center, 4001 N. Cook St., Spokane.* hillyardfarmersmarket.org

TUESDAY

Fairwood Farmers Market 3-7 pm, mid-May to early Oct. *Fairwood Shopping Center, 319 W. Hastings Rd., Spokane.* fairwoodfarmersmarket.org

Moscow Tuesday Market 4-7 pm, early June to mid-Oct. *Latah County Fairgrounds, 1021 Harold St.* fb.com/tuesdaycommunitymarket

WEDNESDAY

5th Street Farmers Market 4-7 pm, mid-May to late Sept. *Fifth and Sherman Ave., Coeur d'Alene.* cdadowntown.com

Kendall Yards Night Market 5-8 pm, late May to mid-Sept. *West Summit Parkway between Cedar and Jefferson Alley, Spokane.* kendallnightmarket.org

Kootenai Farmers Market 4-7 pm, mid-May to late Sept. *Riverstone, 2151 N. Main St., Coeur d'Alene.* kootenaifarmersmarkets.org

Millwood Farmers Market 3-7 pm, late May to early Oct. *Millwood City Park, 9103 E. Frederick Ave.* farmersmarket.millwoodnow.org

Moonshine Artisan Night Market 5:30-8:30 pm, late May to late Aug. *Commellini Estate, 14715 N. Dartford Dr., Spokane.* commellini.com/moonshine

N.E.W. Farmers Market 9 am-1 pm, May to late Oct. *121 E. Astor St., Colville.* newfarmersmarket.org

River City Market 5-8 pm, mid-July to mid-Aug. *The Landing, 305 N. Spokane St., Post Falls.* fb.com/rivercitymarketandmusic



Sandpoint Farmers Market 3-5:30 pm, early May to mid-Oct. *Farmin Park, Third and Main.* sandpointfarmersmarket.com

Spokane Farmers Market 8 am-1 pm, mid-June to late Oct. *Coeur d'Alene Park, Fourth and Chestnut St.* spokanefarmersmarket.org

THURSDAY

Perry Street Thursday Market 3-7 pm, May to Oct. *Perry and Tenth,* thursdaymarket.org

FRIDAY

Athol Farmers Market 2-6 pm, May to late Sept. *30230 Second St.* atholfarmersmarketidaho.com

Chewelah Farmers Market 11 am-3:30 pm, mid-May to mid-Oct. *Chewelah City Park.* chewelahfarmersmarket.com

Emerson-Garfield Farmers Market 3-7 pm, June to late Sept. *IEL Adult Education Center, 2310 N. Monroe St., Spokane.* market.emersongarfield.org

Spokane Valley Farmers Market 4-8 pm, June to late-Sept. *CenterPlace, 2426 N. Discovery Place.* spokanevalleyfarmersmarket.org

The Wavy Bunch Night Market & Street Fair
Second Fridays from 5-9 pm, mid-June to Oct. *Catalyst Building, 508 E Riverside Ave., Spokane.* thewavybunch.com

SATURDAY

Airway Heights Summer Market Second Saturdays from 10 am-2 pm, April to Sept. *The Hub, 12703 W. 14th Ave.* fb.com/AirwayHeightsSummerMarket

Bonnerrys Ferry Farmers Market 8 am-1 pm, late April to early Oct. *Highway 95 and Kootenai St.* bonnerrysferryfarmersmarket.org

The Deer Park Market First Saturdays from 9 am-3 pm, May to early Oct. *Perrins Field, 14 Arnim Ave.* thedeerparkmarket.com

Kootenai Farmers Market 9 am-1:30 pm, mid-May to late Oct. *Highway 95 and Prairie, Hayden.* kootenaifarmersmarkets.org

Liberty Lake Farmers Market 9 am-1 pm, mid-May to mid-Oct. *Town Square Park, 1421 N. Meadowwood Ln.* lfarmersmarket.com

Medical Lake Farmers Market First/third Saturdays 9 am-1 pm, June to early Oct. *Lake St. between Jefferson and Lefevre streets.* instagram.com/medicallakefarmersmarket

Moscow Farmers Market 8 am-1 pm, May to Oct. *Friendship Square, Fourth and Main.* fb.com/MoscowFarmersMarket

N.E.W. Farmers Market 9 am-1 pm, May to Oct. *121 E. Astor St., Colville.* newfarmersmarket.org

Newport Farmers Market 9 am-1 pm, early May to Oct. *236 S. Union Ave.* Facebook: [Newport Farmers Market](https://www.facebook.com/NewportFarmersMarket)

Rathdrum Farmers Market 9 am-2 pm, late April to Sept. *Rathdrum Lions Club, 16114 N. Meyer Rd.* fb.com/rathdrumcraftandfarmersmarket

Sandpoint Farmers Market 9 am-1 pm, early May to mid-Oct. *Farmin Park, Third and Main.* sandpointfarmersmarket.com

Spokane Farmers Market 8 am-1 pm, mid-May to late Oct. *Coeur d'Alene Park, Fourth and Chestnut St.* spokanefarmersmarket.org

SUNDAY

Clayton Farmers Market 11 am-4 pm, June to Sept. (except during county fair). *Clayton Fairgrounds, 4616 Wallbridge Rd.* Facebook: [Clayton Farmers Market](https://www.facebook.com/ClaytonFarmersMarket) and [Small Farm Animals](https://www.facebook.com/SmallFarmAnimals) 🐾





PACIFIC TO PALOUSE



Amber Park recently opened Pacific to Palouse in Spokane's South Perry district. YOUNG KWAK PHOTOS

Stop in at Pacific to Palouse and you might think you've arrived at owner Amber Park's living room.

Park, who's also the owner of Wanderlust Delicato in downtown Spokane, opened the new cozy neighborhood spot in May and features local wines from family-run vineyards, plus a menu of light fare highlighting Washington ingredients from the salty coast to the Idaho border.

It's the perfect counterbalance to Wanderlust, which scratches the travel itch by importing delicacies from far-flung corners of the globe. Instead, Pacific to Palouse celebrates everything that's within reach from our nest in the "Upper Left." Perry's newest neighbor is super family-friendly, from nonalcoholic (NA) drink options to cute children's furniture to even cuter baby Landen, Park's grandson who hangs out at the shop and has already become its

beloved, unofficial mascot.

The bar's menu is curated by Park's daughter (and baby Landen's mother), Mariah Brown. Mix-and-match chips and dips give plenty of opportunities for the perfectly tailored snack. You could pair marinated labneh (\$8) with sourdough toast points made fresh at Gander & Ryegrass (\$3), or Dungeness crab dip (\$20) with artisan crackers (\$3), or Cougar Gold cheese (\$12) with Tim's Cascade potato chips (\$3).

"NA is really a big category right now in the industry," Park says. "There's a lot of people that are taking a break from alcohol. That's part of the reason for the NA cocktails, in addition to being all ages. My teenage niece or my teenage employees who want to come in and hang out and feel fancy — they can have an NA cocktail, chill and have a snack. More of that neighborhood, family feel."

— ELIZA BILLINGHAM

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Emrys means "immortal" in Welsh, which fits head brewer and founder of Emrys Beer & Mead Works Thomas Crockrey's undying enthusiasm to bring a meadery to life. The project that's been in the works since 2015 finally celebrated its grand opening in Liberty Lake in June.

Made from honey, "Mead is so wildly different from other alcoholic beverages," Crockrey says. "It's the only one not made out of plants. It is made out of an animal product." Beer is also on tap.

Food options include smashburgers — meat and veggie — as well as griddled bakestones, which are a traditional Welsh sweetbread.

— ELIZA BILLINGHAM



TAICHI BUBBLE TEA

1227 W. Summit Parkway

Open daily 11 am-8 pm

The *Inlander's* new Kendall Yard's neighbor, Taichi Bubble Tea, is the franchise's first Inland Northwest location.

Taichi's drink menu features fruit teas, milk teas (\$5.50/small, \$6.50/large), and smoothies (\$6.75) in a wide selection of flavors: jasmine, honeydew, chocolate, kumquat, taro, strawberry, and pineapple, to name a few. Customers can also choose toppings such as tapioca pearls, jelly, popping boba and cheesy milk foam.

Taichi's unique options include the milk crush (\$6.75), a combination of frozen fruit and milk that creates a creamy fruit drink, and its zang zang (\$5.50/small, \$6.50/large), a flavored paste on the inside of a cup filled with milk. Flavors include sweet potato, taro, matcha, chocolate and co-owner Rosseana Kang's favorite, brown sugar.

— LUCY KLEBECK

SAUCED!

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Open Mon-Sat 3-8 pm (9 pm Fri-Sat)

Spokane, it's time to get sauced. Responsibly, of course. Forget the New York slice. Forget Chicago deep dish. Melt your face with Detroit-style pizza, a thick casserole-shaped pizza that's cut into rectangles.

This Midwestern monster is brought to you by the people behind Heritage Bar & Kitchen, who opened a new kitchen at YaYa Brewing Co.'s Spokane Valley tasting room.

You can build your own pizza or try their signature ground beef, onion and dill relish topped with mozzarella and cheddar cheese creation. In addition, Sauced! serves up wings, sweet potato fries, onion rings and a couple of bomb salads. You can now officially call Spokane Valley the Inland Midwest.

— ELIZA BILLINGHAM



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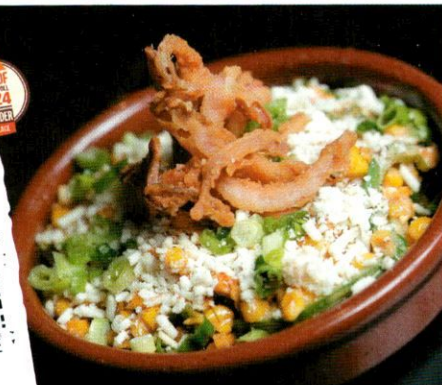
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DINE IN TAKEOUT DELIVERY FULL BAR CATERING

Paralympic Dreams

Teresa Skinner and her team at ParaSport Spokane help local athletes with disabilities thrive on the world stage

BY SETH SOMMERFELD

This summer, the best athletes in the world are heading to Paris. And that doesn't just mean the Olympic superstars like Simone Biles, LeBron James and Katie Ledecky. No, we're talking about all the best athletes. Because once Paris is

done hosting the Summer Olympics (July 26-Aug. 11), the City of Lights will then host the Summer Paralympics (Aug. 28-Sept. 8).

And when the U.S. Paralympians prepare to go for the gold in Paris, Spokane's own Teresa Skinner will be there coaching them.

Since 2013, Skinner has been the driving force behind a local community of athletes with disabilities. As the founder, executive director and a coach for the nonprofit ParaSports Spokane, she's trained athletes who've gone on to compete on the international level. That Team USA selected Skinner to be part of its coaching crew is a testament to how effective and respected she is in the community.

It takes grit, determination, work ethic

and passion to reach the top of any sport, and Skinner's path to the Paralympic stage had more twists and turns than the track upon which her wheelchair racers compete.

Skinner grew up in Alaska and early on developed a penchant for teaching and coaching. Wanting to pursue health care, she studied occupational therapy at Eastern Kentucky University.

She interned at Atlanta's Shepherd Center — which turned out to be pivotal for her career when Atlanta hosted the 1996 Summer Olympics and Paralympics.

"I got exposed to all the different adaptive sports in the community," Skinner says. "And then also [saw] the dramatic impact that sports had on recent patients

...continued on page 66

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Teresa Skinner strategizes with athlete Bob Hunt about the hand rims on his racing wheelchair. YOUNG KWAK PHOTO

with spinal cord injuries or traumatic brain injuries."

As a traveling occupational therapist, Skinner took a job at a now-defunct care center in Spokane with no intention of sticking around the Inland Northwest. She was assigned a 29-year-old patient with a cervical spine injury who had been told he would always have to live in a nursing home.

"I came from Atlanta, where they would have never told someone that was that level of injury that they had to live in a nursing home, particularly somebody who was that young," Skinner says.

Frustrated by his treatment, Skinner convinced the medical director to let her try to help teach him things like how to get dressed independently. But while he learned the skills, he still found it hard to believe he could truly live on his own. Exasperated and distraught by what she viewed as her own failure, Skinner reached out to a friend at Shepard who gave her a bit of unusual advice.

"They said, 'Well, you need to start a rugby team.' And I was like, 'I'm sorry, what?!' I helped run the clock at a wheelchair rugby tournament in Atlanta, but that was the gist of what I knew. And my therapist friend, she said, 'Well, that's nice... do it anyway.'"

With the help of Cheryl Brandt, a local recreational therapist who'd gone into marketing, Skinner quickly decided to form a nonprofit. The pair raised almost \$40,000 to buy the specialty wheelchairs for rugby. Then they brought in veteran wheelchair rugby players to do a clinic and formed a team.

Traveling around the country with the team provided a breakthrough for her patient. "It just completely changed his perception about what was possible... And he moved out of the nursing home," Skinner says.

It was the birth of ParaSports Spokane. And while Skinner still works as an occupational therapist for the Grand Coulee Dam School District and the U.S. Air Force's Wounded Warriors program, it's clear the sporting life of ParaSports is her driving passion.

"I do occupational therapy on the side to feed this addiction," Skinner says.

ParaSports Spokane offers year-round, cross-sports programs to athletes with disabilities. And importantly for a community that has to deal with extra costs in so many other aspects of life, ParaSports programs are free thanks to fundraising, grants and corporate sponsorships.

But there is one major hurdle Skinner still must deal with constantly — convincing folks to give the programs a try. She's found that being rather blunt about the process gets results.

"Patients are very hesitant to try adaptive sports, and rather than just saying, 'OK, you're not interested,' we're like, 'Oh, that's so nice... but we're going to the gym today and you're going to try wheelchair basketball.' So not really kind of taking 'No, I'm not interested' as the ending answer, which is the approach that works across the board and has worked for the last 30 years," says Skinner. "Of the 200 athletes on our program, 78% of them did not come willingly the first time."

"I've had parents call while they're driving [to us], and I can hear that kid in the background yelling, 'I hate you! You're the worst parent on the planet! I don't know why you're making me do this! I don't want to try it!'" I just tell them, "It's OK. Just keep driving. It'll be fine."

Skinner's known Bob Hunt, who competes in the 100M and 400M, since he was 8 years old. In fact, she says the futures program was essentially created because he was such a rambunctious, speedy kid. He's one of many in the program who've gotten college scholarships to play sports (many at the wheelchair athletics hotbed at the University of Illinois), and he credits the programs with developing him as a person.

"I started as an athlete, so I took, took, took, took," says Hunt. "Now I'm able to give back to these athletes what I got. It's basically my life. I'm coaching, and I'm in school to become a teacher. If it wasn't for sports, I would not be the person I am."

Skinner still revels in the spectacle of athleticism and global camaraderie on display when attending a Paralympics, and she cherishes how much she's learned from the athletes over the years. She knows it's a big ask to get someone to try the sports that have become her life's passion, but she urges anyone interested to take that chance and see what ParaSports Spokane has to offer.

"And who knows, you may represent the United States of America," says Skinner. "And when that flag goes up, it doesn't make any difference whether it's on the Olympic or Paralympic side, it's still the flag. It's still representing the United States. You're still an athlete." ☺

Competing on the World Stage

At this year's U.S. Paralympic Trials (July 18-21), a dozen ParaSports Spokane track and field athletes will compete to make Team USA:

- Lindi Marcusen (100M, long jump)
- Taylor Swanson (100M, 200M)
- Brycen Phillips (100M, 200M, 400M)
- Ben Foos (shot put)
- Michelle Kazuba (shot put)
- Alicia Guerrero (shot put, discus)
- Lauren Fields (100M, 800M)
- Jessica Bellefeuille (100M, 800M)
- Kady Hammer (100M)
- Brooklyn Gossard (100M, 400M)
- Neiko Wellborn (100M, 200M)
- Bob Hunt (100M, 400M).

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